

July 2017

KEYS TO RECOVERY — NEWSPAPER, INC. —



I Can't

We Can

By: Marilyn L. Davis

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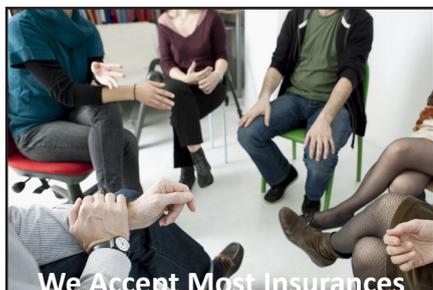
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Welcome to another issue of Keys to Recovery Newspaper.

I can hardly believe that we are already in July. In a few short weeks, Keys to Recovery Newspaper will be celebrating our 3rd year of publication, with an awards dinner...that is full to capacity. I try to never take our successes for granted. Without you, our readers, our authors, our advertisers, we couldn't publish each and every month. Without God, we would not have the passion, inspiration and dedication that is required to produce this "labor of love".

I was blessed enough to attend a conference last month, "She Rises". There were 3,000 women, who came together to uplift each other and praise God. It was amazing, powerful and I came away spiritually full.

I heard so many powerful messages, but the one I want to address here is about the futility of comparison. Comparing myself to another, can be helpful at times, but usually I am not using it in a helpful manner. When I compare myself to someone else, I will either come out on top, or on bottom. Neither of these positions are good. When I compare myself to myself, it is more realistic and usually helpful. When I compare my growth of today, with who I was a week ago, a month ago or even a year ago, the comparison can be useful and helpful to my future growth. I can celebrate my growth or adjust my behaviors to achieve my goals. I find it more helpful to "change me" than to try and change my situation. So today I will try not to compare myself or others, accepting me and you for who we are.

It is with mixed feelings that we announce a change at Keys to Recovery Newspaper. Our C.E.O and cofounder Beth Stern has resigned. Beth you will always be one of the co-founders for Keys to Recovery. No matter where you go, or what you do, you will always have a home here. You are in our hearts forever. We know you will have great successes and grow beyond your wildest dreams. Marcus and I wish you luck as you go out from here, to carry the message of hope in a new way.

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



Hello to one and all, I hope that this reflection of my inner thoughts will be received with an open mind. Self-preservation is essential to our personal survival, yet we can still put others first without hindering our growth and safety. I have spoken with numerous individuals that have told me "I have to take care of me first", part of that statement is true. When we put others needs and desires before our own (this of course, would have to be within reason) we are then practicing becoming "truly given of oneself". To give, and being of service, that requires no true sacrifice, is not difficult in the sense of the word, when we do more then what is required is sacrifice.

This principal was instilled into me from my mother (who is now in eternal peace), she came to America from Nuremberg Germany back in the late 50's. When she arrived in LAX Airport, she saw a woman who asked her for some change, my mother took off her diamond watch and freely gave it to that woman to help her. Later that day to help another individual out that needed help, she took off her fur coat and gave it to that woman to help her out as well. These forms of sacrifice are what I have been taught to extend when being of service, my mother truly liked her watch and coat, but the needs of others were more important than her own. This has been a blueprint of servitude for me ever since childhood, and personally I can't see it any other way!

Until we have the opportunity to come together again sharing our thoughts and feelings with you, may God keep you strong and safe.

Marcus Marshall, Vice President & Cofounder

Hi Guys, This editor's column is bittersweet. I have decided to step down as CEO of Keys to Recovery Newspaper. I have thought long and hard about it and I have decided to embark on a new path and new direction in the recovery field.

A great thing to remember about change, especially when you are in the middle of it is that change is good. It's natural, normal, and it's a part of life. It's actually really good for us. Without change we stay stagnate. We don't grow. We become complacent. Rebirth and change are necessary to our lives. The life I have is the result of many changes. Every single new opportunity and new challenge that I have experienced was possible because an ending was taking place in my path. Life is a continual cycle of endings and beginnings. Beginnings are exciting. They are full of promise and it is an opportunity for change. But greeting the new, also means saying goodbye. I feel like it's very important to look back and thank the people who helped along the way. To all the readers, writers, advertisers that made Keys to Recovery so successful. THANK YOU!! To all the beautiful people I met at events, conferences, W.A.A.T, the list can go on. This is not goodbye it's see you later. And last but certainly not least I want to thank my two business partners, Jeannie and Marcus. Words can't express my gratitude. I love you both. This is an incredible journey that I have been on for three years. Jeannie you have given me so many tools that I can put in my spiritual tool box to take along with me on my new adventure.

"Ends are not bad things, they just mean that something else is about to begin. And there are many things that don't really end anyway. They begin again in a new way. Ends are not bad and many ends aren't really ending, some things are never ending." - C. Jaybelle

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



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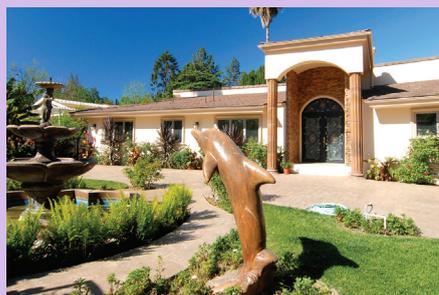
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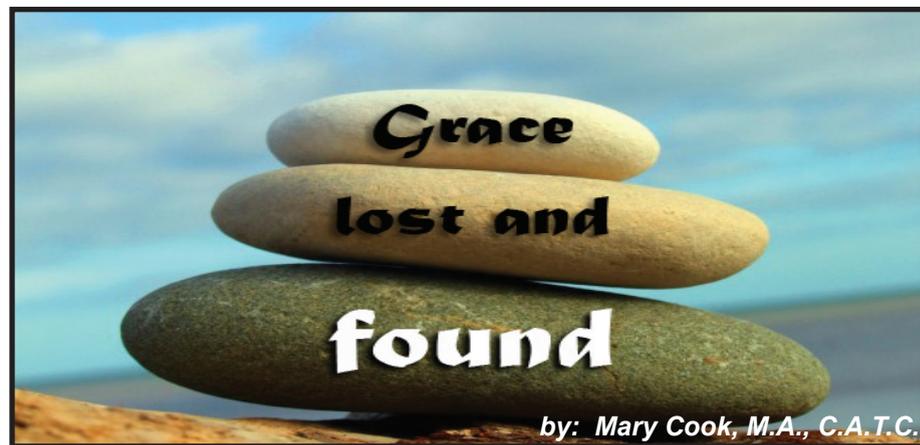
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by: Mary Cook, M.A., C.A.T.C.

HEALING ENERGIES

Negative and fear based incidents have more power in the mind, because they potentially threaten physical or psychological survival or well-being. Past responses to unhealed trauma are stimulated when current circumstances reflect associations to them, whether the associations are superficial or integral to what occurred. When we have trauma triggers, we react with the depth of how we perceived the trauma when it first occurred, which is often inappropriate to the present. Thus, we react as if we are a child rather than an adult. We react as if we are in the middle of a trauma rather than having an association to a trauma from a memory of the past. Our brains are the most physically and psychologically impressionable in childhood and this creates a blueprint for what to expect for the rest of our life, unless healing factors intervene.

We carry within us the energies of unhealed trauma and familiar themes, and those energies attract similar situations and people, reinforcing the original trauma blueprint. Therefore, it's important to strengthen awareness of positive, healthy experiences, and revisit them at appropriate times to make positive energy more familiar. When we share about trauma in a safe recovery setting, the energy of the trauma can be compassionately contained and surrounded by the caring, hope, faith, strength, and support of those listening, and this over time, softens and diminishes the negative power, as the associations now contain healing energies. This helps us see positive possibilities for our lives. Now we must practice attitudes, feelings, conversations & actions that strengthen healthy relationships with ourselves and others.

We need to know that trauma in childhood is not our fault or shame, but the fault of adults who failed to protect or help us. It's valuable to identify ways in which we and others protect and help us in recovery, and know that we will heal as we continue the work. Following the sharing of trauma, it's valuable to shift our focus to our Higher Power, and practice releasing the negative and fear based energies of the problem to Higher Power. It's important to remind ourselves who we are right now, and what is healthy and positive in our lives. If we have affection for the natural world or animals, it's helpful to give ourselves time for this and intentionally absorb the energies of nature, animals or whatever it is that grounds us to positive energies.

Re-imagining trauma is typically a holistic experience. Whatever thoughts, feelings, actions, and sensory experiences were present originally, are re-stimulated. Even when defense mechanisms prevent conscious awareness of these factors, their energies are stimulated within us and around us. We can surround trauma memories with images of ourselves as safe adults today and all that heals and helps us on an earthly and spiritual plane. As we imagine both the problem and solution, we allow the solution to intensify and expand without intruding on the problem. We notice if there's a change in the problem as positive energies offer support, understanding and love. Additionally, we can draw pictures of the problem with our dominant hand, and draw pictures of the solution with our non-dominant hand. Conscious censorship and defense mechanisms are not as likely to intervene when using the hand that we normally don't use. Or, we can write quickly and spontaneously without stopping until we've got everything out, even if it seems nonsensical. Then take a break and read it noticing words or phrases that bring new insight or deeper questions. Eventually this writing takes us to solutions.

Releasing toxic energies and absorbing healing energies is not a magical fix however. Deep, sustainable, positive transformation requires mental, emotional, physical and spiritual changes on our part. Identifying and intervening on old negative habits and redirecting attention to a higher spiritual perspective is essential. Because we have unconscious defenses and blind spots, we need help from our recovery support team to identify what interferes with our growth. We can list our dominant defenses and character defects and write the contrary positive thoughts, feelings and actions, and continue to practice these changes. Because all the energy we extend, amplifies and returns to us, helping others in their personal growth is vital to ours. The positive energy we give to others contributes to healing, authenticity, and positive esteem for us and those we assist. This also gives us the opportunity to practice living amends for the harm we caused in the past, and to strengthen healthy relationship skills, especially honesty, generosity, compassion, and humility.

Spending more time in prayer and meditation allows us to increasingly experience positive energy from our Higher Power. Sending this energy to loved ones, people with whom we have conflicts, strangers, and ultimately to all life on this planet, is good practice. We cannot be a neutral force in life. We are either a positive or a negative force for life and spirit. It is not sufficient to abstain from negative thinking and actions, for if we fail to transform them into positive practices, we will regress to familiar negativity.

Moving forward in personal growth at first requires significant effort because the old habits fight it. Once we have new positive habits, our journey becomes more joyful, peaceful, and mysterious. This is because we've surrendered the God of our mind for the God of the highest love, and our faith allows us to live from the preciousness of each moment. The highest healing energies lie not in our minds' idea of a miracle, but in God's passionate purpose for us.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 41 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



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Practicing HUMILITY BY WORKING THE STEPS

You may be thinking; "Why is it necessary for me to learn humility?" Many of us believe we are humble people, or at least we are aware that pride and arrogance will not get us far in our personal and professional relations, and that practicing humility is a far better way to relate to people. Those of us that choose to practice the steps soon realize that the ego is our worst enemy.

C.S. Lewis says that "Pride is a spiritual cancer; it eats up the very possibility of love, and contentment, and of common sense." The madness that people discover exists in their lives when they start working the steps illustrates the lack of all of these, that power, even the illusion of power, creates in the lives of addicts and alcoholics.

How do we become free from the trap that pride and power create? By practicing humility. How do we practice humility? By practicing the principles of this program; Honesty, Open-mindedness and Willingness, by taking a personal inventory, becoming self-aware, and constantly trying to improve ourselves.

Humility: The state of being humble: not proud or haughty: not arrogant or aggressive: reflecting, expressing, or offered in a spirit of deference or submission.

THE PRAYER OF ST. FRANCIS [THE 11TH STEP PRAYER]

Make me an instrument of your peace; Where there is hatred, let me show love;
Where there is injury, pardon: Where there is doubt, faith;
Where there is despair, hope: Where there is darkness, light
Where there is sadness, joy.
Grant that I may not so much seek to be consoled as to console;
To be understood, as to understand; To be loved, as to love;
For it is in giving that we receive, It is in pardoning that we are pardoned,
And it is in dying that we are born to Eternal Life.

St. Francis was the rich son of a cloth merchant in 13th century Italy. He renounced his fortune and took a vow to live as a poor monk. He founded the Order of St. Francis which still exists today, and wrote this prayer which is still popular worldwide. The founders of A.A., and N.A. thought so much of it that they incorporated it into their 12 step programs.

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.' " (p. 87-8 BB)

"In an attitude of surrender and humility, we approach this step again and again to receive the gifts of knowledge and strength from the god of our understanding. Without this step, it is unlikely that we could experience a spiritual awakening, practice spiritual principles in our lives, or carry a sufficient message to attract others to recovery." (p 49 BT)

HOW WE CAN PRACTICE HUMILITY

1. Practice Awareness of a higher power, and our daily contact with it.
2. Place your higher power's will above your own.
3. Seek guidance and advice from those who you are accountable to.
4. Be patient and try not to react in the face of difficulty, contradictions, and personal injustice. Respond with calm and mindful tranquility.
5. Recognize unhealthy thinking, and refuse to follow it, like we are use to doing.
6. Be content with life on life's terms. See every event as a chance to learn, every person as a teacher, and be open to possibilities.
7. Discipline your speech and strengthen your capacity to listen and to be silent.
8. Speak with intention, do not disguise your words with flowery speech, be forthright and get to the point.
9. Try to remain unattached to others state of emotions and negative thinking, remain calm and try to stay positive.
10. Stay true to yourself and to who you are, remember there is a purpose for your being.

Ben Wilson, Transitional Housing Coordinator at Talbott Recovery, has been in recovery since 2007 and soon after became a volunteer, then an RA with the Talbott Young Adult Program. Ben now serves as the Transitional Housing Coordinator, working with both adults and young adults currently in treatment. He currently writes a blog on recovery @TRCalumni.org, and is also a frequent contributor of motivating recovery articles for the weekly Alumni Newsletter. Ben is a founding member of the Talbott Recovery Alumni Group. For more information visit www.talbottcampus.com or www.talbottrecovery.com

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Dear Dr. Nita,
I have been feeling sad lately and my close friends want to throw a birthday bash for me. However, I have declined their generous invitation and they seemingly don't want to take no for an answer. Here's what's going on with me... my mother passed away last year, and my father 8 months before that. Ever since, holidays and special occasions have been tough for me, and I'm simply not in a festive mood. Truth be told, I feel tremendous sorrow and I can't tell if it's grief or depression. Is this something I should be trying to snap out of? Is this a typical reaction? I am clean 7 years and hope you can help me see the light at the end of what feels like a long dark tunnel, darker than when I was first trying to get off drugs.
Signed, Down in the dumps in LA

Hello!
What a great question. First, I'm sorry for your loss and for the struggle you are experiencing. Let's see if we can clarify the difference for you, and educate you about grief in general, and what to expect in this process. You will get through it and your way of doing so might not be like anyone else's, or the same way you have previously processed any other losses.

Speaking of process it is often said in many of life's difficult situations that the only way out is through, and this applies to grief particularly. Decades ago, researcher Helen Kubler Ross identified 5 stages of grief and since then, many other theories and descriptions have been published. Let's look at her 5 stages just to give you an idea, and you can guess where you are: Denial (shock), anger, bargaining, depression and acceptance. You may experience these in a different order, or not at all. No one should be pressured to process loss any certain way, I just want to give you some different ideas.

Here's a list of some symptoms that are similar for grief and depression:

- 1} Deep sorrow, sadness. (which you reported feeling)
- 2} Bouts of crying
- 3} Apathy, or loss of interest in activities you previously enjoyed
- 4} Loss of appetite, losing weight
- 5} Disturbed sleep or insomnia
- 6} Trouble concentrating
- 7} Fatigue, or substantially decreased energy; lethargy, and maybe exhaustion
- 8} Feelings being misunderstood or detached
- 9} Isolation or loneliness

I'm not saying you'll experience all of the above, but if you are, due to the loss of both your parents in such a short time frame, it's important to have support and let yourself be where you are, and not judge yourself.

Here are some differences between grief and depression:

- 1} Grief is a necessary part of processing a loss - we simply have to go through it.
- 2} Grief comes and goes - depression is more constant.
- 3} In the grieving process, you can still do your daily tasks - working, self care, but in depression, it's much harder to function in your routine manner.
- 4} Your cognitive functioning (such as reasoning, memory, attention, language and taking in information) can be reduced over time if you experience a long term unrelenting depression, but generally no cognitive impairment happens in the grief process.
- 5} Loss of self esteem, self worth and self confidence tend to be part of depression, though not part of the grieving process. Though you might feel guilty or regretful when grieving - wishing you had done something differently in a certain situation, it is much more pervasive in depression.

Perhaps it feels like people are trying to "cheer you up" or fix you. Maybe they are the ones that are uncomfortable, since loss, grief and death area not popular subjects in our culture, as if we are in denial about our very mortality. You know the old sayings: "no one is getting out of this alive" - death and taxes - life's two eventualities." It's so odd that we don't know what to say to people who have had a loss(es). Are we afraid of our own feelings and losses? Are we afraid of being too vulnerable?

That being said, you don't have to be a certain way for anyone, nor put on a happy face to please others, or "rush" your process in any way. It's funny to me that in 12 step vernacular we say, "feelings aren't facts," but in the moment we feel them, it is our present reality. However, it is useful to turn on our "observer", and give ourselves a chance to watch ourselves with as much objectivity as possible without judgment, and be okay wherever we are in the moment.

Also, I think it is important to share your grief and pain with people, allowing them to be there for you and sharing your humanness and vulnerability, as I'm sure you'd want to be supportive of them.

If your friends don't accept your boundary about your not feeling in a party mood right now, ask them to please honor your request, and let them know you are in a process. You are trying to deal with the pain of losing two parents, one shortly after the other, and this helps you move into the next part of your life. You don't mention if you are participating in NA, I hope you are for the support of the members as well as utilizing the steps/ guidelines for living, for structure and more support. Remember to take the best care of you!

I believe in you! Dr Nita

You can write Dr Nita Vallens c/o doctornita@gmail, with your questions and comments. Her radio program, Inner Vision, can be heard Tuesdays at 1:00 PST on KPFK radio FM 90.7 FM.

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by: Courtney Morton & Jenni Schaefer

TEENS & EATING DISORDERS: 5 TIPS FOR PARENTS

I'm not often completely stumped by questions asked by those attending my presentations. But recently I was unsure of how to respond to a question asked about teenagers and eating disorders.

While raising a teenager can be incredibly rewarding, it can also be very challenging. A complicating factor is that normal teen behavior and eating disordered-behavior can sometimes look very similar! Because of this fact, a parent in the audience had asked me:

"How do I know whether I'm seeing normal teenage behavior or the eating disorder?"

Since I don't have children - and I didn't live with my parents when I sought help for my eating disorder at 22 - I reached out to my friend and colleague Courtney Morton, a primary therapist in our Austin program and a mom herself.

Courtney responded by sharing with me an exercise that she had done in one of her family groups. In this exercise, she asked parents and children to each write down five things they wish the other party knew about them.

Below, in italics, I share what our teenage patients in eating disorder treatment wanted their parents to know. I also share Courtney's insight for parents with teens in eating disorder recovery.

1. Support your teenager as they search for their identity

Patient Quote: "What I wear isn't about my eating disorder. My clothes don't define who I am."

During adolescence, the search for identity fits within the normal developmental process. For some teens, the eating disorder can be part of an "identity" that they hold very close. An eating disorder can serve as an effort to delay the complexity of adolescence or even to distance a person from their family.

As adolescents move forward in recovery and toward healthier identities, they are likely to continue to make choices their parents disagree with (e.g. clothing, hairstyles, choice of friends, music and hobbies). However, only when these choices threaten health and safety - as with an eating disorder - is it really necessary for parents to intervene.

Teenagers naturally explore values and passions. One of the most helpful things parents can do is to continue supporting their kids in connecting with their authentic self, even if it is different than what the parents might have expected or even wish for. Criticism of a teen through this normal process of searching for identity can be highly destructive to family connection.

2. Know that some rebellion is normal

Patient Quote: "I'm a teenager, and sometimes, I do stupid things - just like you did at my age. Please cut me some slack."

It is normal for teens to "act up." Think about it: most of us put our own parents through significant worry during our teenage years.

As parents, we can consider rebellious behaviors in terms of affordable and unaffordable mistakes.

Unaffordable mistakes - impact health and safety (like the eating disorder); it is a parent's job to intervene on these. *Affordable mistakes* - allow our children to learn; parents can let these slide.

Some children enter the eating disorder at a young age and emerge in recovery as full-blown, door-slamming adolescents. Just because your child is yelling and slamming doors doesn't mean they are not in recovery.

Sort out which behaviors are part of adolescence and which could be warning signs for relapse through open communication at home and in family therapy. Look at where the rebellion is being expressed. Defiance related to food or exercise would certainly be a warning sign, whereas defiance related to identity issues (blue hair, for instance) might be less likely to be a warning sign of relapse.

Truthfulness is also incredibly important to discern the intention of certain actions, even if some of the truths are hard to say and hear. Help your child to see that you are open and willing to hear the truth, even when it is difficult.

3. Make sure your teen is getting enough sleep

Patient Quote: "I need more sleep than you do. I'm more upset if I am tired."

Adolescents need sleep. Sleep helps them grow and is hugely important in mood regulation. Try to figure out if your child tends to be a night owl or a morning person. Then, work with their treatment team to make modifications in the meal plan necessary to help them get the most sleep. Also consider modifying their school and extracurricular activity schedule to be less demanding.

We don't want to be overly permissive as parents, and following the meal plan is vital, but supporting your child in getting required sleep will help build connections, both in your relationship and within their brains and bodies!

4. Keep an eye on eating and exercise behaviors.

Patient Quote: "Because I don't like these foods, not eating them doesn't count as restriction." "I can't miss a day of running because it helps my mood."

No one likes all foods. However, for many people with an eating disorder, cutting out certain categories of food based on "preference" is part of restrictive behaviors.

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Freedom from Bondage

by: Kelly Fitzgerald aka Sober Señorita

I'M SICK AND TIRED OF ADDICTION FEAR MONGERING

In early May I bookmarked a new HBO documentary that was coming out. I set the recording on my DVR and couldn't wait to watch. It was called "Warning: This Drug May Kill You". Great title, right? I knew from the title I would probably be disappointed in the content of the documentary, but I chose to watch it anyway. It's not often addiction and recovery are documentary topics so I try to watch every one that comes out.

The opening montage of the documentary is pieces of new videos, photos, and other footage of drug users nodding off, collapsing, passing out, overdosing, being revived by the drug Narcan, and in one scene a woman lies motionless on the floor of a store while a toddler (presumably her child) tries to wake her, and sobs when she can't. It was just as horrific as you're currently imagining it to be. 'Triggering' doesn't even begin to describe what I saw. Thirty seconds into the film and yes, you already get that this drug kills because they show it to us. They showed us the horrors of drug use, the explicit, sickening, and extreme consequences of drug use.

So right off the bat, I had a bad taste in my mouth. Not only was the footage hard to watch, this technique is stale. I'm sick and tired of addiction scare tactics and fear mongering. To me, all this footage does is invoke fear, humiliate the people and families in the photos and videos, and further demonize the disease of addiction and the millions of people who suffer from it. This I can guarantee you: a person who does not understand addiction will definitely not understand it after watching this documentary. What the opening montage also shows besides the deadliness of opioids and the depths of addiction, is the stereotypes that are hammered into our brains every day in this country; *Addiction is a bad choice. Addiction is disgusting. Addiction is ugly. Addiction kills. How could they stick a needle in their arm? How could they get that bad? How could they turn into such horrible people? How could addicts do this to their children? Aren't they embarrassed that they're dying in the streets? Aren't they ashamed that they leave their children unattended in a car? How could they? How? Shame. Shame. Shame.*

If you can get past the blistering and raw shame, blame and triggering videos of the first minute, you'll go on to see Warning: This Drug May Kill You talks about the manufacturing of OxyContin, the current over prescription of opioids and the role pharmaceutical companies play in the epidemic. The documentary also follows 4 families, all white, who have been impacted by the opioid epidemic. What do they all have in common? Death. Every family interviewed has lost a loved one to an opioid overdose. Again, doom and gloom and fear and final: death.

The mom of one family named Kathy Kelly, and her two daughters Stephany and Ashley seem like a glimmer of hope at the beginning, because Stephany is talking to the cameras about being in recovery. Her sister Ashley died of an opioid overdose years ago. But then later in the film, you learn Stephany has relapsed and gone back to using. Another family with 3 grown children and a dad, talk about losing their mother to opioid addiction. The Cole family talks about losing their son Brendan to a heroin overdose, who was prescribed opioids to treat a cyst.

The documentary ends following the only living person they speak with who is still struggling with drug addiction, Stephany. She enters a state-sponsored 30-day treatment program, and the text on the screen following the last scene tells us she left treatment after 6 days, and returned to using and later, she joined a medication-assisted treatment program. As viewers, we'll never know if she finds and sustains recovery. We'll never know if she dies like her sister. It's a haunting and gloomy ending to an already shameful and depressing documentary.

You've heard me say this before about HBO's last documentary, *Heroin: Cape Cod, USA*. These documentaries about addiction including the current one, Warning: This Drug May Kill You, lack hope for recovery. In fact, they show no sustained recovery whatsoever, and provide no hope to anyone who might be out there still using. They reinforce stereotypes, they perpetuate stigma, and they dehumanize addiction. They show addiction as final, as death.

Do I sound angry? I am. Where are the documentaries showing people in recovery from opioid addiction? Where are the films following people who used to shoot heroin, went to treatment and saved their own lives, and are now living a life beyond their wildest dreams? Why aren't their stories amplified? Why aren't we showing footage of their new lives in recovery? There are 23 million of us who got their lives back because of recovery, restored our relationships, advanced our careers. Did you know these people exist? I wouldn't be surprised if you don't because the media and society tell us otherwise.

I think filmmakers should stop using drama, death, and fear to sell their documentaries, and think about the impact this is having on our society. Instead, they should start telling the truth. Yes, there is an opioid epidemic in this country, but millions of people find recovery every day. Start showing recovery. Show the light returning to people's eyes. Show human beings reuniting with their children. Show someone celebrating their one year of sobriety. Show people celebrating 20 years. Show how treatment changes people from sick to well. Show people sharing their stories and changing lives. Show us the hope that this epidemic so desperately needs.

The death, destruction, and public shaming of people with substance use disorders is played out. We've seen it all before. We've read the horrendous and unspeakable comments people leave on the photos and videos of people overdosing that are rampant online. We've seen police chiefs try to use these horrifying photos, and videos to force people to stop using drugs. Unfortunately, that doesn't work.

If filmmakers won't speak out about recovery we will. For those of you who watched *Warning: This Drug Might Kill You* and are disgusted, hopeless, and helpless, hear me – we can and do recover, even from opioids, heroin, prescription pills and needles.

You may suffer through some dark days, but you can also live a long beautiful life in recovery, this is the humanization of addiction and recovery.

Kelly Fitzgerald is a sober writer based in Southwest Florida who is best known for her personal blog *The Adventures of a Sober Señorita*, www.soberseniorita.com. Her work has been published across the web including sites like *The Huffington Post*, *Medium*, *Thought Catalog*, *Ravishly*, *SheKnows*, *Elite Daily*, *The Fix* and *AfterPartyMagazine*. She is currently writing a memoir.



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H.A.L.T.

Are you about to quit your job? Divorce your spouse? Break up with your sponsor? HALT! If you have been around the 12-step rooms, you may be familiar with this acronym. Our intention is to take a deeper look at how these experiences can affect our well-being, decision making, and ultimately our lives. Hungry, Angry, Lonely, Tired. These alarms are the body's response to something being out of balance, and something needing to be attended to. It is really helpful to learn HALT as one of the first tools in recovery. Learning to utilize this tool in an intimate relationship, may just end up saving your relationship! HALT is an excellent method to pause, observe, take action, and be in self care.

Examining hunger, upset, loneliness, and/or exhaustion often times can point us in the direction of needing a reset. Over the years, we have learned which of these trigger us the most. For example, Kelly can go all day without eating (having little emotional impact), while Rudy can become grumpy much quicker without food. Lack of sleep is a big trigger for Rudy, he even experiences physical ailments as a result of it. HALT is a gateway. It's a path that leads to the door of sanity, and the key that opens the lock is awareness. Paying attention to one's needs and learning how to listen to your body leads to better living. From this place we can create a more intimate relationship to self-care, and overall well-being.

It is not uncommon for human beings to lack appreciation for the body, and yet it is so necessary to honor and take care of this vehicle that maneuvers us through life. The level of abuse, and mismanagement our bodies can take, is astounding. We abuse them, and they continue to support us so generously. Of course, until they break down in some way. For those in recovery, it's a new concept to notice what our needs are and to take action to meet those needs because we only take action when absolutely necessary. In addition, we over abuse a substance or behavior to the point of breakdown and lose any insight or acknowledgement of body signals or intuition to stop. Recovery from addiction begins to recover those internal signals.

Going beyond HALT: As noted earlier, HALT is the gateway to self care. What one starts to notice is that we all have different triggers and/or breakdowns. Let's look at how each aspect of HALT can be expanded.

Hungry. In addition to the physical sense of hunger it is also important to notice how lack of nutrition can impact your individual body/mind/spirit. What we have discovered is that there are types of diets that fit our individual makeup. This could be worth exploring for anyone looking to optimize the recovery experience. We would like to propose another way to investigate hunger. It could be indicative of spiritual hunger; a desire to go deeper into a relationship with Higher Power, Self, and others. Hunger can also be pointing to the underlying feeling of lack. That sense of needing something outside of self, is usually a result of needing more personal acceptance, tolerance and compassion.

Angry. This is a good one. Kelly has used this tool for survival her whole life. She has done a lot of work to learn better tools to deal with anger, and frustration. We are all so lucky to have so many resources to work through the defects in which have been fueling our addictions. Anger is something we all deal with, and for some much more frequently. We also deal with it to different degrees. For some, anger is bigger than for others. However it manifests, anger is a signal to look at some behavior or situation that feels intolerable. These moments are opportunities and gifts for us to look inward and learn more about our make up. It either is rubbing up against some old wound that needs more attention to healing or it's something you are intolerable in your own self. Either way, it's a good sign to dig deeper into personal growth.

Lonely. This is Rudy's favorite. As a child he was neglected and abandoned quite often. This led him to the belief of feeling alone in the world, even when spending time around people. What loneliness often reflects is a sense of disconnection from self and others. It could also be the signal for an underlying need to engage in the world that could spark healthy excitement and joy. This is one area where lately, we have put a lot of focus within our family, to continue breaking down old, inherited family patterns.

Tired. Getting enough sleep is crucial for any human being, and lack of it creates mental instability.

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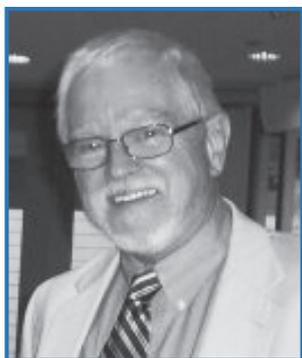


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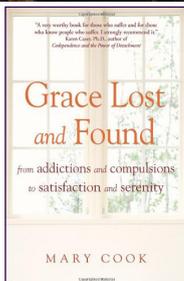
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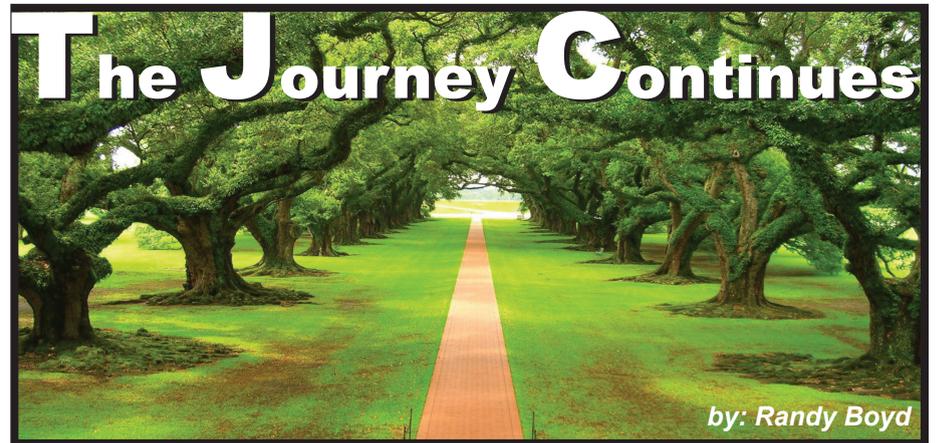
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by: Randy Boyd

EITHER GOD IS EVERYTHING OR GOD IS NOTHING

It has been 48 years since the event happened that would have an impact on my life, greater than I could have ever imagined. That event led me down a path with many unexpected twist and turns, some good and some not so good. That event drove me to be successful in business, find and marry a beautiful woman, and raise three beautiful children. The effects of that event also drove my self-esteem/self-worth into the dirt, nearly caused my wife and I to divorce, led me down a 38 year struggle with alcoholism and addiction. That event, which was once my greatest sorrow, is now my greatest joy. That event was losing my father to cancer, when I was only twelve-years old. Then having the man that would become my stepfather, emotionally, physically, spiritually and sexually abuse me for a period of five years.

As a teenager, I remember walking to school asking God why he was allowing the abuse to happen to me. Of all the millions of kids in the world; WHY ME? Then as a young man, not seeing or getting the answers I was so desperately seeking, and having the church slam the door in my face, I turned my back on God. Yet, I know that God never turned his back on me, I could write a small book of all the ways he showed himself to me.

In recovery my sponsor told me this – “Either God is everything or God is nothing, there is no in-between.” As I let this resonate in the fiber of my being, my attitude began to shift. If God was everything or nothing, for me he was everything. This meant that everything that happened to me was part of God’s greater plan for my life. Then I was guided to Jeremiah 1:5 by pastors and men of religion - “I knew you before I formed you in your mother’s womb. Before you were born I set you apart and appointed you as My prophet to the nations.”

However, these men of religion would in the same breath, say either God is everything, or he is nothing and quoting Jeremiah 1:5, looked at me and said, “However God had nothing to do with you being abused.”

These men were displaying the same hypocrisy I had grown up with. You cannot have it both ways. I had come to a place in my life where I was ready to move forward. In order to do that, I had let go of my resentment towards God. Between the concept and scripture I mentioned in the above paragraph, I was slowly beginning to see the purpose for all of my pain. I knew, that I knew, what I knew and for the first time in my life no one was going to influence me otherwise. As I started looking back over the last thirty-eight years of my life, I began to see that where I thought God had abandoned me; He was walking with and carrying me.

I was in a bookstore at The Rock Church in San Diego, and I happened to pick up a book about a woman who was sexually abused. On the inside cover the author had written a scripture – Genesis 50:20 – “You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.”

This is now my life scripture. The minute I read it and shared it with my wife, we both had chills run up our spine. You see God had a plan for my life that started before I was ever conceived – to help the men that have been, and are being sexually abused. You see, if I had not had the experiences of being abused, I would not be able to help men the way I can help them. The Book of AA tells us: “We cannot transmit something we do not have.” I’m a strong believer that if you have not walked in someone’s shoes, and have not done your own healing work, you cannot, and in fact, have no business trying to help them. I have seen more damage done by people with good intentions, trying to help people who are out of their league. Had I not gone through all that I have gone through, and done my own healing work, I would have no business doing what I am doing today.

The events that led me down some dark paths in my life have brought me to where I am today. Those same events gave me a dream in 2012 to ride my bicycle across America to bring awareness, and educate as much of America as possible about the prevalence of the sexual abuse of boys, who the perpetrators really are, and the correlation between chemical dependency and sexual abuse: something that no other person has ever done. That dream became a vision, and the vision is becoming a reality. On June 18, 2017 I will embark on the Courageous Healers Ride Across America to Stomp Out Shame.

If you believe in God, believe that God is either everything or He is nothing, then nothing; absolute-ly nothing that has happened in your life, is a mistake. Do your healing work, get a good sponsor/mentor and enjoy the journey. Remember this, everything that happens in your life is a lesson, everyone that crosses your path, rather for a minute or a lifetime, is a teacher. When I started to look at everything that had happened to me in my life as a lesson not a punishment, my perspective began to change and my recovery jumped to the next level.

For information about - and to follow Randy - on Ride Across America visit courageoushealers.org - Facebook - @courageoushealers and RandyBoyd. Also on Instagram @rboyd24. Randy Boyd is a licensed California Alcohol & Drug Counselor, Certified Life Coach, the founder of the Courageous Healers Foundation, and an associate of “It Happens to Boys.” He speaks at conferences, schools, and treatment facilities, about the effects of abuse on men, and how men can heal from those effects. “Healing the Man Within,” a book for male survivors and their families, written by a male survivor. Available at Amazon.com, www.courageoushealers.org. Contact Randy at (760) 702-5498.





WHO IS ADDICTED TO GAMBLING?

Is Your Spouse or Loved One Addicted To Gambling? When I am advocating and raising awareness about gambling addiction, there are a few questions everyone seems to ask me, "How do you become addicted to something that is fun, or an enjoyable pastime? Isn't just the loss of money? Or, how can you tell someone has a problem?" These are great questions.

I had done much research about this in the past for my recovery, and for writing articles like this one. Reading many others stories of how they became "hooked", and began having problems gambling like, spending too much money, or longer times away when they gambled.

These are usually some of the first "red flags" of this progressive disease. Yes, this addiction is a slow progressive addiction. When using gambling for the wrong reasons other than fun, it will slowly take even more than your money and time away from you, and loved ones. For loved ones especially, some of the warning signs of a problem gambler shared by "The National Council on Problem Gambling."

You notice they are spending increasing amounts of time gambling.

They begin to lie or act evasively about time and money spent gambling.

They continue to bet knowing there will be negative consequences.

You notice disruptive mood swings, loss of appetite, and they are preoccupied.

These are just some of the warning signs you may see with a family member, or friend who may have a problem. There are also stages of this addiction as well, and why it's important that you seek help and get educated. You can start by visiting Gam-ANON at <http://gam-anon.org/> if you are being affected by a loved one's gambling. As one becomes addicted, these warning signs will increase just as the addiction does. Again, the person goes through stages like first the "winning" stage where it seems they win most times, and they still are in control of their gambling. They boast about how much they win all the time.

Then followed by the "losing" stage, and we begin as addicts, seeing the progression of winning turns to losing. We start to do anything when we have no money to gamble. Here was when I began to pawn things of value to get money to gamble. Payday and title loans, and even opening new credit cards my spouse had no idea I had, and maxed those out. Spending bill money. If I lost, I would gamble two or three times a day "chasing" the money I lost. I also increased my amount of money I was betting. Soon it was taking an emotional and financial toll on me.

Then comes the last stage of this devastating illness, the "desperation" stage. Debts mount, shut-off notices come, overdue bills like rent or mortgage, foreclosure notices. Job loss and relationships deteriorate with a spouse, loved ones, close friends, and co-workers. It is the end of the line and your into full-blown gambling addiction. What happens if the problem gambler continues in this desperate step?

A fourth stage comes in. It's known as the "hopeless" stage. Depression is common, and suicide is often the only option the problem gambler sees at this point. And is the route I took twice. I was so broken and hopeless that I felt it was my only choice. It is why this addiction is currently the #1 addiction claiming lives by SUICIDE TODAY, than any other addiction.

As a person watching a loved one go through this, YOU may need to reach out for help or have an intervention for them with options of treatment, therapy, or work with an addiction recovery specialist who will teach them about the "cycle" of the addiction, and the tools to interrupt it. And how to reclaim their life back.

My experience within in my addiction, and into recovery was when I came out of treatment; I learned aftercare is also very important. I am a firm believer in getting to the root of the "WHY'S", I and others turn to gambling or any addiction in the first place, and accomplished in several ways. Treatment is one way to learn skills and tools to begin a solid recovery from gambling addiction. We need to obtain a well-balanced journey. The second place to start is by doing some "inner work" and self-reflection. We need to incorporate well-being of mind, body, and spirit into our treatment plan.

Learning and education can be vital to longevity in recovery. So reading books, watching DVDS, visiting addiction/recovery websites, journaling each day are all good things to do to be informed on many topics to help you stay in recovery. Sharing your story is a great tool to help others in recovery, you can do this on many websites like "HEROES In Recovery", or "Facing Addiction" where I have shared mine, and it helps keep me "accountable" to others.

Having support and a good relapse prevention plan are other ways to be ready for any life, or unexpected roadblocks in your journey. There are many support groups on Facebook and the internet. Being in recovery from gambling addiction 10+years for me is proof that recovery is possible. Is there a cure? No, but you can have a beautiful, fulfilling life without this dependency.

But when YOU Quit - YOU WIN!

Catherine Townsend-Lyon is the best selling author of her book "Addicted To Dimes, Confessions of a Liar and a Cheat." She is a former columnist for In Recovery Magazine, freelance writer, recovery blogger, and literary consultant. She is currently co-writing a Memoir with former NFL Pro and Olympian, Vance Johnson due to release Fall 2017. She resides in Phoenix, Arizona. She can be reached at LyonMedia@aol.com



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I Can't We Can

By: Marilyn L. Davis

RECOVERY: Deeply Personal And Yet, Common

“A fine glass vase goes from treasure to trash, the moment it is broken. Fortunately, something else happens to you and me. Pick up your pieces. Then, help me gather mine.” - Vera Nazarian

We all find ourselves at a crossroads when we make the decision to put down the drugs and alcohol. We either have to stop our use, face our fears, make changes, and create a better life, or succumb to the temptations and the familiarity of addiction.

In this decision, we are all alike. However, what got us to this point differs as much as someone who has blue eyes compared to someone with hazel eyes.

What are some of the differences that influence our recovery paths?

1. Not everyone can comprehend information at the same level or the same pace.
2. Not everyone is initially willing to be introspective and objective.
3. Not everyone can see the severity of their own addictions when compared to others.

4. Not everyone is motivated by the same goals or in the same manner.

5. There is not just one type of recovery supportive meetings.

6. Differences must be respected.

7. Some short and long-term effects of specific drugs may hinder progress.

8. Not all people have a “Criminal Mentality”.

When we are new in recovery, it's imperative that we find people who respect and can work with our individual differences. Whether this is a sponsor, accountability partner, or therapist doesn't matter.

Too often people have good intentions when they share their experience, strength and hope. Unfortunately, they may also have unrealistic expectations of the how well or quickly another person “gets it”.

What was easy for one person, may be difficult for another. I don't do math. Oh, sure, I can add and subtract, but much beyond that and I'm clueless. Algebra, trigonometry, and calculus - shoot I had to look up how to spell calculus - 'nuff said.

I only remember the word, PI because I can think blueberry or cherry. However, there will be others who relate to the image and actually understand it. I'm not one of them.

So when we're sharing about our character defects, self-defeating behaviors, or adopting spiritual principles, it may make sense to us, but it could just sound as daunting as the numbers or PI.

We're In This Together: So how do we share, help and encourage people? I think it needs to be about the person seeking help, not us. So, I always start with some basic questions, but realize that there may not be common ground in the answers.

1. What motivates you to change? Consider: if someone hasn't been to jail, there is no incentive for them even if you've been there 27 times.
2. Why do you want to change? Consider: if someone doesn't have a family, how could “getting my family back” be a reason to change?
3. What consequences or outcomes scare you the most? Consider: Whatever losses you've faced may not be the same as someone else.

If you were born with a silver spoon, or had great enablers, losing your Porsche may be a significant loss for you; losing a bed at the homeless shelter may be a greater loss for someone else.

We're all Fragile in the Beginning, Meet Them Where They Are: We all present somewhat differently in the beginning.

1. Some of us are just not going to show vulnerability.
2. Some of us are going to front "okay".
3. Some of us are going to posture as a victim.
4. Some of us will present arrogant or dismissive of suggestions.
5. Some of us are aggressive.
6. Some of us are willing to try any suggestion to get out of the hell of addiction.

Even with these seeming differences, each of us was scared.

I wish we would sometimes remember more how we felt, what we thought, and what behaviors we still operated on from day one. Because that's when we're meeting someone else where they are more likely to be, than where we are.

Again, ask questions.

1. How are you feeling today?
2. What thoughts have bothered you today?
3. Do you have any needs today?

But just as importantly, ask, "What have you done well, today?"

Don't take away a person's sense of importance when they accomplish something that is old for you, but new for them. Don't dismiss it as trivial - oh, I'm sure you do not consciously dismiss it, but are you giving them enough credit for maybe reading the meditation book and getting the message. Yes, you can say, "Good job", but to show genuine interest in their accomplishment, why not ask them to explain to you what the message meant. Not in a challenging manner, but from genuine interest.

Who knows, there might be a nugget of universal truth in it that you forgot when you read it 1, 5, 10 years ago. Could happen, you know.

I can't tell you how many times, I've been comforted by someone with 15 days. They noticed that I was frowning, and asked me if I was okay. Before I belabor my workload, or writing deadlines, I'll ask if they want an honest answer. Usually, they do, so I might then say, "It's a day of pressures, and I'm not dealing with all of them well."

Sometimes, I'm thanked for the honesty, and we can talk about sharing even the crappy days. I think it's okay to let people know that recovery isn't all grins and giggles, but when we share the burdens, whatever they are, with another person, they get lightened. Then, I thank them for taking a minute to listen and then ask them how their day is going - and to be honest.

I tell them that they have practiced the principles of service and brotherly love when they listened, and I hope I was considerate and caring when they shared their day.

And a hug at this point helps us both. If we're fortunate, someone else walks by the men's recovery home where I work, and we get a group hug - you should foster this each chance you get.

Working with people is one of the most rewarding experiences I've ever had. Watching them change, become their best selves, and seeing them reap the rewards of their hard work is gratifying. And it's their hard work, all I ever did was cheer them on and offer some suggestions.

My sponsor has less time than me. She's my second in 28 years. My first sponsor moved away. While we stay in touch, I appreciate facetime.

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So, we can learn from those with more time, or even less, if the relationship is about mutual respect, care, understanding, and helping the other grow emotionally, spiritually, and mentally.

So are you sponsoring, being an accountability partner, or are you trying only to teach and not learn? Ponder that question.

Writing, and recovery heals the heart.

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





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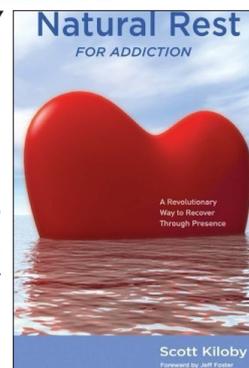
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Book & Video Reviews



NATURAL REST FOR ADDICTION: A REVOLUTIONARY WAY TO RECOVER THROUGH PRESENCE: Written by Scott Kiloby, published by CreateSpace Independent Publishing Platform.

This is a book of Scotts personally known paths, which leads directly to the formula that will lead one to true unity with who they are, and will become in sobriety. This is a must read for those wanting to ensure that sobriety will be a way of life, not just repetition of practices and principals. Scott conveys that encompassing all of the different stimulus' subconsciously and consciously into the same realm, produces peace inwardly and thus outwardly. "Thought-Cravings" as being words or pictures along with the physical sensations of "Body-Cravings", are the culprits that causes obsessions to sometimes become over-powering in one's life. "Emotional energy is carried over in time", and manifest into a form of displacement of anger towards those usually not the intended cause. Scott conveys to the reader that "the cessation of thought isn't necessary," in order to acquire "Deep Rest", which is when "thought substantially quiets" and the recognition of timeless, selfless, freedom creates lasting benefits. We are allowed then to see the thoughts, emotions, cravings, states and sensations that no longer have power over us, and we finally obtain Natural Rest. Available at www.Amazon.com.



THE GIFT OF IMPERFECTIONS, "Let Go of Who You Think You're Supposed to Be and Embrace Who You Are": By Brené Brown, Ph.D., L.M.S.W.; Published by Hazelden Publishing. A New York best seller with over a million sold. This book is about the lifelong journey from 'What will people think?' to 'Am I enough?'

At first the text seems simplistic, but soon the overall picture Dr. Brown is painting becomes so clear that it is truly inspirational. Daily we face images and messages from society and the media telling us who, what and how, we should be. We are lead to believe that if we could only look and lead perfect lives, we'd no longer feel inadequate. So most of us perform, please and perfect all the while thinking, what if I can't keep up this pace? Why isn't everyone else working harder and living up to my expectations? What will people think if I fail or give up? When can I stop proving myself? Dr. Brown courageously tackles the dark emotions that get in the way of our leading a fuller life; by reading this book and letting some of that courage and compassion rub off on you; you can open the door to wonderful changes in your life. In this book Dr. Brown engages our minds, hearts and spirits as she explores how we can cultivate the courage, compassion and connection to wake up in the morning and think, No matter what gets done and how much is left undone, I am enough, and go to bed at night thinking, Yes, I am sometimes afraid, but I am also brave. And, yes, I am imperfect and vulnerable, but that doesn't change the truth that I am worthy of love and belonging. Dr. Brown's advice is based on scientific research, but she brings the real person element into her book. Do yourself a favor and read this book. Available at www.Amazon.com.



DRINKING DIARIES. WOMEN SERVING THEIR STORIES STRAIGHT UP. Edited by Leah Odze Epstein and Caren Osten Gerszberg. Published by Seal Press.

The Varied collection of essays by women about their experiences of alcohol are very powerful, and often painful. In Drinking Diaries, the editors take women's drinking stories out of the closet and into the light. Whether it's shame, sober sex, and relapsing or college drinking, no topic related to alcohol is off limits. The honesty of the women who themselves have struggled with alcoholism opens new perspectives into the impact of drinking booze on all of us. With contributions from celebrated writers, including Kathryn Harrison, Ann Hood, Ann Leary, Joyce Maynard, Daphe Merkin, Jacquelyn Mitchard, Arsa Nomani and Elissa Schappel. In this book, you will read the details, the deep questions, the wide and wild range of drinking experiences. These essays are funny, warm heartfelt and often heart breaking. It can be tough to hear about the things alcohol abuse can do to people but all the authors retain a sense of humor and humanity in telling every story. I would highly recommend. Available at www.Amazon.com.



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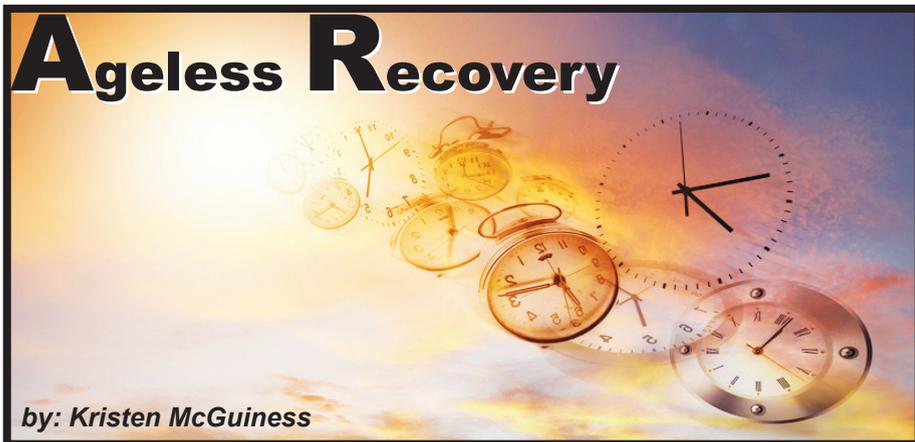
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TIME TO SEND GRANNY TO REHAB?

Not everyone cleans up in their twenties and thirties. Or even their forties or fifties. What kind of challenges do you face when you're still doing meth at Mah Jongg?

"I had tried to stop before," Paula explains, a mother of two who has battled alcoholism for the majority of her life. Now in her mid-60s, with a bohemian style and thick blonde bob, Paula has finally come to terms with the fact that she is an alcoholic. "The first time I really tried to clean up was when I was in my late 40s," she admits. "My brother sent me to a doctor and the doctor said, 'You're going to damage your liver if you keep drinking.' I did whatever they said to do just to get them off my back."

But years later, after two failed attempts in treatment, Paula finally hit bottom. "I was 56, and for the last couple of years of my drinking, I kept trying to stop and couldn't," she recounts. "I told friends I needed to be left alone, that I would detox myself. I was still of the ilk that this was my problem and I needed to solve it. I didn't think I was hurting everyone else. Drinking wasn't working and yet I couldn't stop." She laughs. "It doesn't matter how old you are or how young you are, the story ends the same."

In younger people, Hays explains, you might see legal problems—DUIs or tickets for public intoxication—while the older person sitting at home drinking might not have the same consequences.

Not every story like this ends as well as Paula's. According to a study conducted by Lon R. Hays from the Department of Psychiatry at University of Kentucky College, "Although the definition of 'elderly' varies depending on the source used, it is estimated that 2.5 million older adults have 'alcohol problems,' and 21% of hospitalized persons over the age 60 have a diagnosis of alcoholism." Other studies estimate that 17% of those over the age of 65 have an alcohol abuse problem—an issue that can be compounded by prescriptions for drugs (such as a sleeping pills or painkillers) that can overwhelm systems that are older, and thus less efficient.

Of course, those aren't the only issues. "Most of the time, when someone comes in over the age of 60 for treatment, they have been drinking for a long time," says Hays. "One of the challenges for people trying to get sober at an older age is that they are set in their ways. Often it will take a medical issue or severe physical implications for them to see it as a problem."

Peter, a 60-year-old handsome New York-based attorney and father of two, lived in a world of designer suits, which made it difficult for him to see the consequences of his drinking. "It wasn't until I was waking up in the middle of the night with a mouth full of vomit, that I began to recognize it was a problem," he admits. "At the time, I was working as a consultant so I was able to drink in the morning, and then pass out in the afternoon. I would then have wine at dinner and wait till my wife and children were asleep, before going out and getting another bottle. I would walk the streets drinking at night, and then get up in the morning and do it all over again."

And yet he can't imagine the situation unfolding any differently. "Everyone has their own path but I can't conceive of getting sober in my 20s and 30s," he says. "I started drinking young, promising myself that I would never be like my father, who was also an alcoholic. And I was almost instantly like him. I drank that way my whole life, but I was successful. I had good jobs and always received promotions, and I created a life and a family. My father killed himself at 57, and I got sober at 58, but I know I wouldn't have been ready or able to do it any earlier."

Hays had a client whose similar professional success—and capacity for denial—also allowed him an extended drinking career. "He was a successful businessman who told me he had several drinks a day, often as many as five," says Hays. "One time, he brought in his wife. And his wife asked if I knew what was in the drinks he was having. Turns out he was having many tumblers of vodka each night, which is a very different story than three mixed drinks."

According to Hays, the main challenge with older people is that "often the typical social markers of alcoholism or addiction aren't present." In younger people, Hays explains, you might see legal problems—DUIs or tickets for public intoxication—while the older person sitting at home drinking might not have the same consequences.

That was the case for Janet, a 68-year-old mother of four from New York, whose grey hair and grandmotherly smile belie her alcoholic bottom. "In my late 50s, I was homeless and in a wheelchair with pancreatitis," she recounts. "At the beginning of my sobriety, I couldn't even read or write because I had experienced so many seizures."

Yet according to Dr. Dale Archer, a medical doctor, psychiatrist, and the medical director for psychiatric services at Lake Charles Memorial Hospital, there are advantages to getting sober at an older age. "The concept of surrender can be easier to digest for a lot of older people," he points out. "They already understand that there is a lot out of their control. Most of them have faced crises of magnitude along the way, whereas younger people often feel indestructible. Also, many older folks have support systems—family members and a larger community—that will help them in their recovery."

Ironically perhaps, Janet's biggest challenge in getting sober was working through her feelings about all those people who had tried to be her support system over the years. "I could not give up that guilt and shame around my drinking, particularly in regards to my children," she admits. "When I was younger, I really didn't think I was an alcoholic, but I certainly proved it to myself. Once I surrendered the guilt and shame, I could finally get sober. I was living in a world of grey and there was nothing bright or happy about it. Then, when I got sober, everything started looking more colorful—the sky, the trees. I felt like I had been reborn."

For older adults who think they might have a drinking problem, Archer recommends seeking the advice of their regular medical physician. "Older people should be getting a general physical every year," he says. "The first thing that shows up is elevated liver enzymes, which can alert the doctor to chronic alcohol use so they can help the patient find the right treatment options."

Hays agrees, pointing out that it may be more effective to consult a primary physician, rather than an addiction specialist or psychiatrist. "If the family physician is able to point out that there is a physical or mental comorbidity—high blood pressure, liver dysfunction, brain complications—the affected person might be much more open to a solution than they would be if they were confronted and taken to a psychiatrist," he says.

That was what happened with Peter, who confesses that knowing he was an alcoholic and doing something about it, were two very different things, "I was well aware that I was an alcoholic, I just didn't give a sh**," he says. "It took getting physically ill—DTs, vomiting, a genuine fear of asphyxiation—for my ego to finally let go, and for me to have the psychic shift that made me want to change. And now today, I couldn't be happier. To be able to say that I really believe that at 60, the best days of life are ahead of me, is the biggest blessing out there."

Kristen McGuinness is a freelance writer and regular contributor to "The Fix", which is where this article appeared. She is the author of 51/50: The Magical Adventures of a Single Life which can be purchased from Amazon.Com

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SATURDAY, JULY 1ST, 2017: (Weekly) Music and Meeting. 9:30-11:30 pm. The New Radford Hall 13267 ½ Victory Blvd., Van Nuys, California. Contact Ron (818) 823-3633.

SATURDAY, JULY 1ST, 2017: Car Wash at Oasis - 13832 Polk St., Sylmar, California 91342. 9:00am to 2:00pm, \$5. to \$10.

SATURDAY, JULY 1ST, 2017: ASL American Sign Language. 4pm, Garden Grove Alano Club. 845 Belfast Dr., Garden Grove, California. www.ggalono.org.

SATURDAY, JULY 1ST, 2017: SFYPAA Presents Independence 2017. 8pm-1am. Meeting@8 Dance@10. Unit A 10641 Burbank Blvd., North Hollywood, California.

WEDNESDAY, JULY 5TH, 2017: (Weekly) 12th Step Yoga. 7:15pm-8:30pm Santa Monica Yoga. Free Donation Weekly Yoga Class in Safe Environment. 1640 Ocean Park Blvd., Santa Monica, California 90405.

FRIDAY-SUNDAY, JULY 7TH TO 9TH, 2017: 16TH Annual Tehachapi Mountain Round Up. Speaker, Meeting, Campfire, Jam, BBQ, Marathon Meetings. Join Us Lakeside in the Oak Filled Mountains of Tehachapi, California. For More Info. Call Bonnie @ (661)-972-7330 or Email Margie, Mrgikay@yahoo.com

FRIDAY-SUNDAY, JULY 7TH TO 9TH, 2017: YUBA American River Resort. Bonfire, Speaker Meeting, Tri Tip. 6019 New River Rd., Coloma, California. 95613

SATURDAY, JULY 8TH 2017: Pancake Breakfast at Oasis - 13832 Polk St., Sylmar, California 91342. From 9:00am to 11:00am - \$5.

SATURDAY, JULY 15TH, 2017: HASBYPAA Presents Alchie's Got Talent. Meeting 7pm Showtime 8:20 Pm Prizes for 1-3rd Place. Musicians, Dancers, Actors, Poets, and Other Talents. 835 East 33rd St., Signal Hill, California. 90755 Sign Up by Emailing hasbypaaa@gmail.com or texting (256)-783-6030.

SATURDAY, JULY 15TH, 2017: Color of Money. 7:30-11:30 pm. Bowling Includes Shoes \$20 18 over. Open Bowling for Those Who Are Not 18 Linbrook Bowling Center 201 S.Brookhurst St., Anaheim, California 92801.

SATURDAY, JULY 15TH, 2017: Pancake Breakfast Every 3rd Saturday @ The Orange Friendship Club. All You Can Eat \$2.50 2191 Orange Olive Rd., Orange, California. Call Orange California Club (714) 637-9860.

SATURDAY JULY 22ND AND SUNDAY JULY 23RD, 2017: Miracles in Action's women's sober softball team, will be going to Pismo, California, for a Sober Softball Tournament. Includes a meeting and dance. If you or someone you know is interested in joining, we will be having practices every weekend until the tournament. For more information please contact Amna B. (818) 429-9103.

FRIDAY, JULY 28TH, 2017: La Ventana Presents Sober Café. 8:30-10:30pm. For A Complimentary Gourmet Mobile Bar, Music, Games, and Fellowship from Substance abuse. 1408 East Thousand Oaks Blvd., Thousand Oaks, California. For info call Gwendolyn (805) 433-3092.

SATURDAY, JULY 29, 2017: 9TH Annual Freedom Coalition Fest 2017. Elks Festival Field 11551 Trask Ave., Garden Grove, Ca. 92843 Info 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



NOT MY FAMILY

Addiction can't happen in families like mine. My son was surrounded by a big fat loving Greek family on one side, and a massive caring Irish Catholic family on the other. We had a priest (my father on one side of the family, and a nun (my husband's sister) on the other side of the family. I lived next door to my dad's church. I went to the Catholic school, on the other side of my house. I was taught religion, by a Rabbi whose synagogue was behind my house. I was surrounded by religion 24/7. But none of that mattered.

Addiction doesn't care if you have a loving family, and it certainly doesn't care if you are religious. Addiction doesn't care. Period. Addiction is a family disease, and it's easy to understand how and why by using a visual. I see an octopus. I see an octopus reaching out with its slimy tentacle ridden arms weaving its way through families and beyond...grabbing, choking and sucking the life out of mothers, fathers, brothers, sisters, children, grandparents...everyone and anyone in it's way.

This is also the reason why it takes the entire family be educated on it, to understand it and to join forces to fight this hideous beast together. Families are forced to battle this creature while riding the spiritual rollercoaster of addiction. It is spiritual because the constant fear clouds our faith. Everything that makes us strong is clouded because we are surrounded by uncertainty.

We can deny it and ignore it, but the only thing denial and ignorance does...is feed and nurture the octopus. That's exactly what it wants. I only know my own story. I only know how I feel and what I've learned as a mother. I'm not an expert in this field and don't pretend to be. I myself am not sober, but I am in recovery from my son's addiction. My entire family is.

We are all bound together by our children, by our families and by our faith. My family is lucky and we are well aware of this. Our story is okay for right now, but that doesn't mean it all stops here. We can never forget that Mike will have to battle this illness for the rest of his life.

I have accepted and understand now that my son was a "sick person". He was never a "bad person". I couldn't save my son, I could only be there for him as he saved himself. It wasn't possible to "fix" him, it was only possible to love him even while he was broken. In one way or another aren't we all a little broken?

Being injured while playing the sport he loved was NOT his choice. Having surgery for those injuries was NOT his choice. Being prescribed those pain pills was NOT his choice. Taking the pills he was prescribed for the pain from those injuries most certainly was his choice. But he DID NOT CHOOSE to become addicted to them. Addiction is NO ONE's choice.

Mike reached out for help, and within weeks of dropping him off at treatment, my husband, my daughter and I all went for the family therapy program. For the first time in a long time, we saw my true son. What we needed to understand was that it had taken a long time for Mike to get this sick, so it was going to take a long time for him to get healthy. None of this is about temporary recovery. It's about recovery for life. Returning to college could wait. Getting a job could wait. His getting healthy was the only thing that could not be put on hold, no matter how long that was going to take.

That was over 6 years ago. After many years of pain, confusion, anger and sadness we all felt through Mike's addiction, the universe shifted for my family. Through all the darkness and fear, my son reached out for his faith and so did we. The flicker of light is what we stayed focused on in the beginning, and now years later we have much to be thankful for.

Mike has now graduated college and was recently married to a wonderful young woman. He has a career that he loves and still advocates for young men at the sober living home (he lived at), every free minute he has.

My family stayed together and by Mike's side with love and hope, and lots of faith in him. His recovery has made us closer than ever, and our family dynamics now are more respectful and much more open. We are more considerate of each others thoughts and opinions, and I as a mother most certainly have focused on two things the most.

My own self care and the fact that my children are now young adults, and are capable of making good decisions without my help. We all live in different corners of the country, but strive to be together as much as we can, whenever we can. After years of being petrified to be together, we now can't stand being apart. Our recoveries are our own, yet we have all recovered together, and will continue to do so one day at a time.

We all need to care without judgment, and take care of one another. Our stories are mostly the same in the beginning, and in the middle part of this ride. Just like my son, I vow to advocate and care for all the mothers and families, so that everyone's endings will be the same one day. With recovery for life.

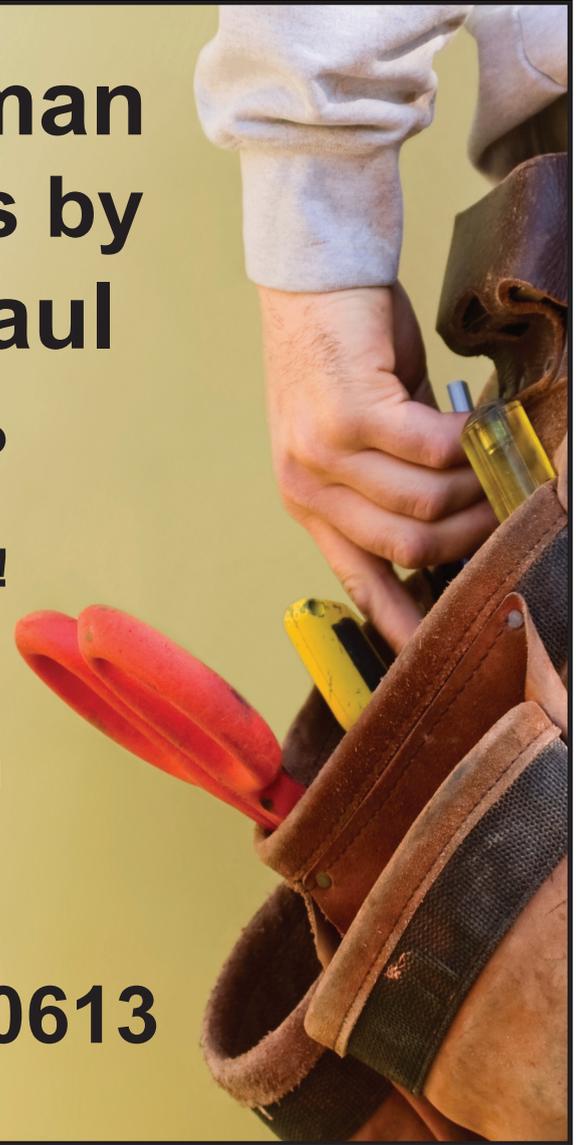
Anita Devlin is the co-author of a compelling new memoir entitled S.O.B.E.R., an acronym for Son Of a Bitch Everything's Real. In a phrase, that's how Anita felt during the harrowing experience of helping her son navigate his addiction, which eventually led to his recovery. Her son & co-author, Michael Devlin Jr., has been sober for nearly five years. Their's is a story of struggle, hope and faith that has been called by many "a family love story." Anita lives in New York City with her husband, Michael. Visit Anita's website, www.anitadevlin.com*

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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.sobershousing.net or call (800) 799-2084.

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, Jacuzzis in some Suites, Private & Semi-Private Rooms. Sobriety is a gift that we wish all will experience. (818) 288-6075 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

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. See more info at www.shareselfhelp.org. Under Programs/Jobs.

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.

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The Cost for classified ads is **\$40 for 25 words or less**,
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CLASSIFIED AD HEADING : _____

Classified Ad Content: _____

Billing Address: _____

Contact person: _____ Phone: (____) _____

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

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



KEYS TO RECOVERY — NEWSPAPER, INC. —

Advertising Rates

Ad Sizes

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

Full Page	10" width x 13" height
3/4 Page	10" width x 9" height
1/2 Page - Vertical	4.85" width x 12" height
1/2 Page - Horiz.	10" width x 6" height
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1/6 Page - Vertical	3.25 width x 5.95 height
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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

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

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 26 other U.S. States. Having a current print run of 20,000+ newspapers and a readership exceeding 90,000 per month, we are already a solid and formidable presence. Although we have digital access to our publication, our primary focus is distributing hard copies. Our newspaper targets readers who are seeking recovery from all types of addictions, disorders and alcoholism and the loved ones who are affected as well as anyone wanting to know more about addiction and recovery. Here are some of the types of facilities we are distributing our recovery newspaper to:

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

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

Vital Services Resource Guide

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

RESOURCE GUIDE

12 Step Recovery Info Line: Phone meeting info & recordings of recovery (951) 262-3623, Lisa Moss (818) 293-2222.

Alcoholics Anonymous (A.A.) World Services: P.O. Box 459, New York, NY 10163, www.alcoholics-anonymous.org (212) 870-3400.

A.A. San Fernando Valley Central Office: (818) 988-3001.

A.A. LA Central Office: 4311 Wilshire Blvd., #104 Los Angeles, CA 90010, www.lacoaa.org (323) 936-4343 (800) 923-8722.

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

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

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

Al-Anon Family Groups: www.al-anon.alateen.org (888) 425-2666.

Al-Anon/Alateen: LA County www.alanonla.org (818) 760-7122.

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

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

Adult Children/Codependents: 12 step & recovery based meetings, Every Thurs. & Sun. at 6pm 8742 Mulberry Dr., Sunland, CA. For info call Lisa Moss (818) 293-2222.

Addicts for Christ: Los Angeles www.addictsforchrist.org (310) 452-4328.

Anaheim Alano Club: 202 W. Broadway, Anaheim, CA 92805 - Meetings 7-days a week (714) 535-0900.

California 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.ocfdoundation.org (617) 973-5801.

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

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

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

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

Pills Anonymous: (PA) www.pillsanonymous.com

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

RumRadio.org: comprehensive 12 Step sponsorship informational resource website (512) 267-4707.

Secular Organization For Sobriety: (323) 666-4295.

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

Sex & Love Addicts Anonymous (SLAA): www.slaalosangeles.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

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An essential component of recovery is being exposed to a variety of foods in order to reconnect with taste preferences and not let the eating disorder continue to dictate what the person "likes."

Honestly, it takes a long time for most people in recovery to reconnect with their authentic tastes. Along the way, parents can honor certain disliked foods based on historical preferences and also whether the person is trying not to have to eat a certain food (e.g. mushrooms) or is trying to eliminate a full category of food (e.g. becoming a vegetarian). Eliminating full categories of food is only indicated as part of recovery if medically necessary, because this type of restriction can make navigating recovery very tricky.

Parents need not be short order cooks or feel like they have to shop separately for their child in recovery. It is vital that the person in recovery be re-integrated into family life, including the way the family eats. In terms of exercise, watch for warning signs like compulsivity, restrictive eating on "rest" days, and working out more than recommended. For your child, once they are medically cleared for exercise, encourage them to reconnect with old passions or new interests. Encourage them to take the dog on a walk, hike or canoe, even as a family.

5. Give your teen some privacy

Patient Quote: "If my door is closed, it doesn't mean I'm isolating or hanging out with Ed. I just need space."

We often describe the experience of the eating disorder as being like falling into a hole, which is isolating and disconnected from others. In addition, many eating disorder behaviors are associated with shame and subsequently remain hidden, even though they significantly impact safety and health. At the same time, teenagers are desperate for privacy! It is normal for them to want to be able to shut the door of their room, use media that is all their own, and to have unmonitored conversations with friends.

Earning back trust is a huge part of the repair that is necessary in the family during recovery. As teens show that they can safely care for themselves, it is healthy to slowly provide increased privacy. Building back trust is a process of give and take that requires honesty, hard work and time.

And finally, I wanted to share this quote from one of our patients; it's so important for parents to keep in mind:

"I want to build our trust again, but I please need you to be more willing."

What our parents said: You might be wondering what our parents said during our family group exercise. They said what any teenager - eating disorder or not - needs to hear.

"I don't always know the right thing to say. Please teach me." "You can do it." "I love you."

Courtney Morton, LCSW, is a primary therapist at Eating Recovery Center in Austin, TX and the mom of two energetic children. She loves walking with families down the road to recovery.

Jenni Schaefer is a singer/songwriter, speaker, and the bestselling author of Goodbye Ed, Hello Me and Almost Anorexic, a collaboration about subclinical eating disorders with Harvard Medical School. Her first book, Life Without Ed, has been released as a 10th anniversary edition as well as audiobook. She is 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 EatingRecovery.com/Jenni and JenniSchaefer.com.

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Often times we have to force ourselves to get to bed early so that we are able to get the rest we need.

We both feel so much better when we sleep! Being tired can also be a signal for an overall need to create balance in one's life. As we build bigger and bigger lives with careers, family, personal relationships and hobbies; life can get overwhelming. Feeling tired can be a signal to adjust and make some arrangements for a break, vacation, change in schedule, personal health day, a nap. You name it. Being constantly tired can be a possible signal for deeper emotional needs that should be looked at or adding physical exercise to increase energy naturally.

Overall, HALT is a genius way of going within and exploring our unique needs and finding ways to address them. If you are not using HALT as a pathway to healthy living we suggest you give it a go. All it takes is a little effort and HALT 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.

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