

August 2017

KEYS TO RECOVERY — NEWSPAPER, INC. —

The

H A B I T of H A B I T S



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

**Living in a Maze or
Living in Amazement**

Page 4

**How is Your Relationship
With Food?**

Page 7

**A Lesson From
The Psych Ward**

Page 15

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Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Marilyn Fowler
Ask Dr. Nita	Page 6	Dr. Nita Vallens
Food For Thought	Page 7	Bianca Konstantinidis
Freedom From Bondage	Page 8	Mark Goodson
Matters of the Heart	Page 9	Rudy & Kelly Castro
The Journey Continues	Page 10	Judith Orloff
Quit to Win	Page 11	Catherine Lyon
The Habit of Habits	Page 12-13	Jason Wittman
Book Reviews	Page 14	The Crew
PTSD	Page 15	Jenni Schaefer
Events	Page 16	
Healing The Family	Page 17	Barbara Neren
Classified Ads	Page 18	
Advertising Information	Page 19	
Resource Guide	Page 20-21	

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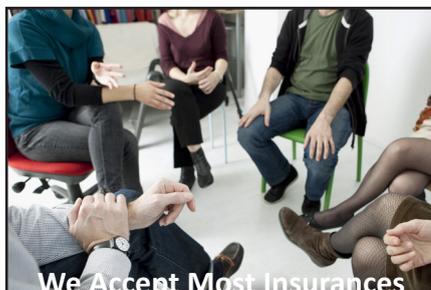
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Advertising Rates - page 19
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Welcome to another great issue of "Keys to Recovery Newspaper". This is the best issue yet! I believe this because we have new writers, new subject matter and new advertisers. With each publication we grow. Each month we are new and different, and each month we get better and better. So when I say "This is the best issue yet", I truly mean it.

I want to take a moment to thank everyone who helped make our 3rd Year Anniversary / Awards Dinner a huge success. It was filled to capacity, and then some. We laughed, we cried, we reunited with old friends and made some new ones. Roz and Richie Annenberg, were the recipients of our "Outstanding Contributions in the Recovery Community" award. A photo of the actual awards can be seen at the end of this article, and more awards photos on page 17. Roz and Richie were overwhelmed and humbled by the standing ovation they received, when the award was presented. We are already working on next years event, stay tuned for more information.

I think it is important to celebrate the people we love everyday. We are use to celebrating the big events in life, learning to celebrate the small things can be just as important. Just letting someone know they are special can change their entire day. We are blessed to have the time and energy to celebrate anything or anyone, big or small. Please help us celebrate Natasha Lee Olson. Her story is on our back cover. Remember, "I can't, we can," together we can change the world.

When we were drinking and using, surviving each day was the best some of us could do. When you are fighting to survive, there is little time for anything else. Many carry this "surviving" mentality into our sobriety, and our daily lives are filled with desperation and distractions.

I don't believe "just surviving" is what God intended, when he brought us out from the darkness of addiction. I know life can get busy, hard, frustrating and sad, but if we lean into God he can direct our thinking and actions, through everything.

Today I want to live on purpose, with a purpose. It takes practice not to get distracted in the day to day business of living. But when we learn to live and not just "survive", life becomes brighter and more colorful, we become more useful. The articles we publish in "Keys to Recovery Newspaper" each month, are published to help you do just that...live a richer and fuller life. Getting sober is just the beginning. It's a great beginning but there is so much we missed, so much to learn, and so much to experience in this beautiful technicolor, high definition world God created. At "Keys to Recovery Newspaper" our primary purpose is to carry the message of Recovery and Hope, to as many people as possible. I am blessed beyond measure, I thank God each and every day for His mercy and grace.

- Jeannie Marshall, President & Cofounder

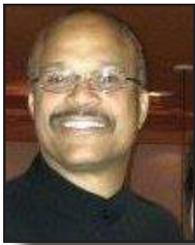
Hello everyone, this last month has been rewarding as well sorrowful. Our CEO and Co-founder Beth Stern transitioned to another position, working for a very ethical and successful recovery facility. We are happy for her and will always support her in her endeavors, Beth was an integral part of "Keys to Recovery Newspaper". We wouldn't be where we are now, if it wasn't for her dedication, and all the work she did in collaboration with Jeannie and I, to help establish us to become a formidable presence in the recovery community. We love her and we miss her presence and contributions here at "Keys", she will always be a Co-founder for "Keys to Recovery Newspaper", and a true asset for The Villa Treatment Center, where she is now working.

We are still experiencing the excitement generated from the incredible time we had at our 3rd year of publication/award party for Roz and Richie Annenberg, for "Outstanding Contributions in the Recovery Community," which they humbly have been committed to do for decades. It appeared that everyone truly enjoyed the event, it was a great social and networking function. We are truly thankful for being able to be part of such a loving and helpful endeavor, helping the helpless and downtrodden regain their balance, psychically, psychologically, emotionally and spiritually. There are so many incredible facilities and individuals who day in and day out, show phenomenal compassion and patience daily to those in need of solutions.

This recovery industry to me, is God inspired and governed by some of society's truly great ones. I've served in numerous capacities throughout my life, but never have I worked in such a rewarding field as recovery. This venture has gained me the concept and application of being right sized, I have accumulated so much more understanding for those suffering from addictions and disorders, their specific plights has caused me to look closer inwardly at my own limitations. Since my now wife Jeannie, stepped back into my life after 33 years of separation, the scales have fallen off my eyes and I see so much anew. I will forever be thankful for the 12 steps, and all the brothers and sisters I have met, and learned from walking the path of recovery. Until the next time, may God guide and secure your footing as you trudge the Road of Happy Destiny. - Marcus Marshall, Vice President & Cofounder



Jeannie



Marcus



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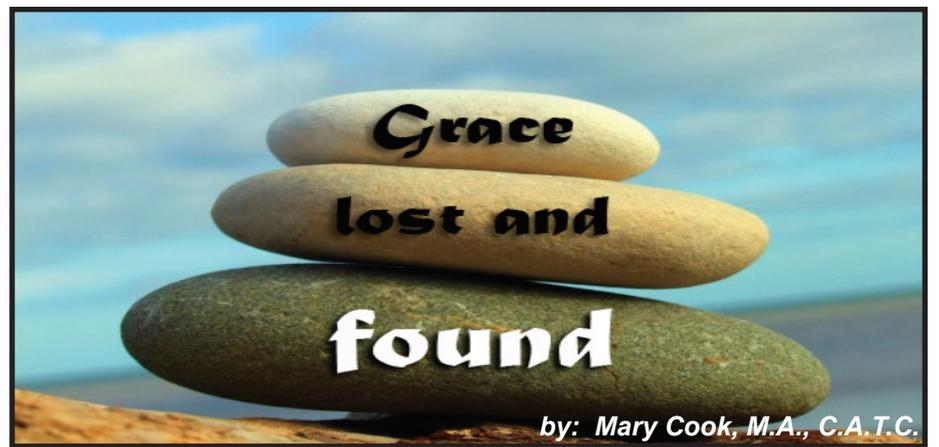
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LIVING IN A MAZE OR LIVING IN AMAZEMENT

Addictions keep us living in a maze endlessly searching for rewards. Addictions keep us living from adrenalin in an artificial life. We allow the will of addiction to play God in this lab experiment. We hardly notice the high walls surrounding us, blinding us and trapping us in the maze. Mazes are full of dead ends which only fuel our resolve to succeed. The focus on who gets the quickest and the most rewards creates competition, chaos, fear and frenzy. And there can never be enough of that which we seek.

Everything is objectified. We perceive ourselves as empty vessels needing to be filled with the objects of our addictions. We perceive life and others as either a means to gratification or interference with our addictions. Our feelings, thoughts and actions are focused on survival needs; hunger, thirst, lust, fear, anger, seeking pleasure and avoiding pain. Addictive habits choose defense mechanisms over truth and clarity, and choose what is familiar over infinite possibilities. We have no conscious connection with our authentic self. We have no conscious connection with the earth and sky. We have no conscious connection with a wise and loving God.

At some point, all of this backfires on us. Rewards diminish until there are no more rewards in the maze. We can no longer avoid pain, even when our addictions are gratified. Our model for living has failed. When we seek recovery, we are hoping to find new ways to manipulate life into delivering what we want. We wish to trade in our old maze for a new one. With this goal in mind, we adopt the politics of fitting into the fellowship of recovery. We act and speak differently, hoping to convince others that our new rewards are worthy of gratification. Who wouldn't want the right partner, profession, possessions, and so on?

The problem is that the maze is an experiment that failed because it is not aligned with the true nature of humanity, life, or God. The whole of life must be experienced and accepted, so that we can evolve to serve the highest good. The rewards of an authentic life cannot be measured by our minds. Insight occurs when we see with our hearts and spirits, as well as from our minds and bodies. Peace comes from the absence of cravings. Cooperation and collaboration allow us to give and receive in equal measure. There are no deficiencies, dead ends nor end points, because true life is a mystical experience.

In truth, we have within us all that we need for a purposeful, fulfilling life. We can participate in cherishing and nourishing life on earth, and in turn we feel cherished and nurtured. We can surrender addictions and appreciate what is already freely given to us. We can offer kindness and help, especially to those most vulnerable to receiving harm. We can identify our talents and interests and use them to inspire and instill greater goodness in the world. Instead of seeking gratification, we can focus on giving our best to the present moment, and the right external circumstances will unfold in the right time.

Living from a conscious connection to the depth of humanity, nature, and God, lets us live in amazement. We are amazed when we take down the high walls of separation, fear and denial, and discover healing, acceptance and understanding. We are amazed to live life without mazes and maps. We are amazed at the wisdom, serenity and love that comes through us. We are amazed by events and experiences that are too wonderful to have imagined. We are amazed at the ways we learn and grow from problems, and pain. We are amazed at the endless source of strength, support, patience and perseverance that is available to us. We are amazed at the divine orchestration of our lives when we surrender small minded willfulness, for spiritual consciousness. We are amazed at the lessons and blessings that create the miracles of life. There is no more searching for rewards, because the source of endless goodness and love lies deep within us. And the more we share it with others, the more it grows.

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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IN UNITY WE CAN MOVE MOUNTAINS

"If we have no peace, it is because we have forgotten that we belong to each other." ~Mother Teresa

How did our world get so divided with its "us and them" mentality?

We're living in a world motivated by 'what's in it for me' mindset with ultimate separation from others. We take for granted things like stress, anger, loneliness, confusion, etc. And we say that's life. But that could become a source and root of why many turn to addiction to cope or escape life stressors. I don't remember how it started. It just seems we've lost heart, and most of us just wander through each day blending in with the times, and bad vices without question.

Today's technology has opened doors we never thought possible, and much good is realized in our world today and has opened many recovery avenues as well. But it doesn't seem to contribute to the love, peace, and harmony that our true nature within us needs, and helping one another in recovery. In our universe, we're all connected, and the world that denies this truth denies opportunities to live in unity as we were created to do. That also meant created without being an addict. We followed as lost sheep in foreign lands, not even realizing WE may be lost.

Is this the way we are meant to live? Many years ago the regular cultural was a sense of community with others, and this included when one needed help like with addiction. Yes, there were individual differences, but well accepted without conflict. When I was a child in the Great Depression years, we lived in an apartment building with people of different nationalities, but we shared food, our time, and our love. In unity as one humanity. Now when I sit in my back yard, I look at my neighbors' privacy fences that were not there a few years ago. I hear their voices and their dogs barking, but I'm not a part of them, and I feel the separation. This separation can also stop an individual from reaching out to help someone who maybe struggling with addiction.

"There are no random acts...we are all connected...you can no more separate one life from another than you can separate a breeze from the wind." ~Mitch Albom

When I think about our history, we've allowed the separatist values of those in power to turn our lives to suit their needs, I remember the past, and I reflect on my future. Then I realize it's not only about me. It's about all of us. My mind runs in two dimensions. What do I want for me? And how can I exist without you...all of you? We can't survive alone. We're connected. And we need each other. Our life is within us. But it's kept alive through our connections and unity with others.

For centuries, our relation to each other has been cited in volumes of literature. In the 17th century, John Donne, an English metaphysical poet and cleric in the Church of England firmly believed we are all connected, and he wrote, "No Man Is An Island." The Mensa Education and Research Foundation explains the literal meaning of this phrase as, "No one is by himself; we are all connected to each other; human beings do not thrive when isolated from others. This need for others is reflected in every area of life, which includes recovery, and without it, we fall into our present negative pattern of living.

Everything is energy, and our thoughts and beliefs create our energy vibrations that move through the universe and touch others. It seems impossible that my own thoughts, intentions, and my desires can affect anyone but me. There is power in the energy I project with my thoughts. What I envision today for myself and others can manifest in positive ways. A negative is the same, as in addition, we can be blind to the fact we are hurting others around us and not just ourselves.

In his book, "Mind Power Into The 21st Century," Author, John Kehoe says, "We take little notice of what we're thinking. We go through life neglecting one of the most influential and powerful forces in our life: our thoughts. The road of fulfilling relationships starts with little things: a changed attitude, a reaching out, a look exchanged on a bus, a moment of total honesty with a stranger, but it soon grows into something much larger and more rewarding. It becomes a celebration, a joyful way of living in unity which we are open and aware in ways we never experienced before."

What a responsibility we have. And what a privilege. We are cells in the cell of humanity, and we can choose to rethink the meaning of our lives and participate in the whole creation. We can use connection and community to create love, health, peace, and harmony within our world and in recovery service to others. What you envision today, and hold in your mind, can bring blessings in your own life and somewhere else in the world where they are needed.

We need each other in life and recovery unity.

Together we can change the world!

Marilyn Fowler is the author of "Silent Echoes" available on Amazon. She is a self-help motivational writer and blogger. She is a retired psycho-therapist who worked in the mental health Dept. of many Florida prisons. She enjoys writing and reading good books and sharing her wisdom on her blog: selfhelpbymarilyn.wordpress.com



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Dear Dr. Nita,
I'm not sure why this is happening, but I feel ashamed about my past so it's getting hard to share in meetings. I'm coming up on 2 years and I feel scared about getting too close to people, and don't want to be judged and fear being talked about. I feel guilty for some crummy stuff that happened with the family.
Hopeless Roger

Dear Roger,
Thank you for writing and giving us the opportunity to talk about something that can easily get ignored, and swept under the rug... shame and guilt. For starters let's take a look at how to identify and let go of shame. Then we can review how to manage when you get triggered and have a "shame attack", and how to deal with toxic shame.

The bottom line on guilt:

- When one feels guilty, he or she thinks they did something bad or unacceptable
- When one feels shame the thought is that he or she is bad or unacceptable
- Guilt can actually be useful in a self-correcting kind of way, by letting us know that we've done something that goes against our values, and the uncomfortable feelings get our attention so that we can do better next time.

Shedding light on the stigma of shame:

- Shame is a cause for low self-esteem or feelings of unworthiness
- Some of the thoughts we have that are shame based are: "I'm worthless, I'm bad, I'm stupid or no good at anything, I don't matter, I'm a terrible person, I'm inadequate, and I'm not lovable, I'm just not okay."
- The list goes on and on, and centers around feelings that can drive a person to isolate, to avoid being "found out", and if we don't identify and process these feelings and move through them, we can get stuck.

Getting stuck in shame is very painful, and also causes a physiological response from the nervous system known as fight, flight or freeze. The symptoms that go along with this include wanting to hide, responding with anger or defensiveness, and self-hatred.

Shame that you feel deep inside is also called "toxic shame", and can ruin your quality of life, and cause the isolation mentioned above. The events or sensitive areas from the past are triggers, and vary across individuals as well as the level of intensity of one's different experiences.

Toxic shame can cause anxiety, depression, addiction, PTSD (Post Traumatic Stress Disorder), codependent behaviors and acting out, perfectionism, low self-worth and is destructive to intimate relationships.

According to the work of psychologist Sylvania Tomkins in the early 1960s, toxic shame can take over someone's personality and for others, it can be simmering beneath one's conscious awareness, and it can be triggered out of nowhere. Toxic shame lasts longer than shame and it has greater pain and intensity with it. It can lead to feelings of despair and hopelessness, can cause deep feelings of inadequacy and causes fear of experiencing the shame, and most importantly, our own thinking can cause us to feel shame.

This is critical to realize because of our own thoughts and stories have the ability to make things worse by bringing up images, words or beliefs from earlier in our lives. In essence, we create a "toxic shame" story about our selves. Sometimes we don't remember the original cause of the shame, though it is usually rooted in a past trauma. If not loved, paid attention to, or valued in childhood, a person can begin to have low self-esteem, adopt negative beliefs, and feel unlovable.

Shame is passed down multi generationally, unconsciously and unknowingly via nonverbal behavior such as a disapproving look, being ignored or verbally by punishment or over controlling communications. If the parent and child are able to have a reparative experience, healing can take place, and the cycle can be broken.

Please consider the following checklist:

- Realize that shame is not your fault.
- Explore your childhood to help identify where this came from in your family.
- Identify your hot spots or triggers.
- Be loving and compassionate with yourself.
- Notice your thoughts and let go of the one that doesn't help you.
- Be loving, kind and forgiving with yourself. In turn we learn to be kinder and more accepting of others.

Practice these and remember not to take things personally, let the past go, and release the need to punish yourself about things that have happened in the past.

In closing, it's a good idea to talk to a professional about shame, to distinguish toxic shame and process what you are feeling and experiencing towards a goal of letting it go, and not staying stuck. Brene Brown, researcher and author on shame issues said, "I believe that if we want meaningful, lasting change we need to get clear on the differences between shame and guilt, and call for an end to shame as a tool for change."

Best wishes on your journey! 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.



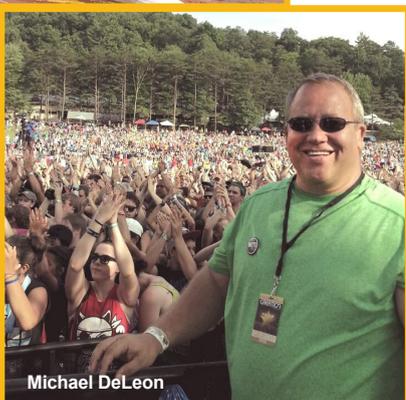
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HOW IS YOUR RELATIONSHIP WITH FOOD?

I remember a few years ago, a friend and colleague stated, "I just don't understand eating disorders". Why would someone have an eating disorder? "I eat when I am hungry and if I am not hungry I don't eat." I recall laughing at the sincerity and the irony. She came from a place of good intent and curiosity. I have had many discussions with loved ones, peers, and professionals that truly are unable to grasp someone struggling with an eating disorder.

Without a level of understanding and awareness, one becomes fearful and frustrated with the individual struggling with an eating disorder; as we often fear the unknown. Someone unintentionally becomes oblivious of their own language and the way they discuss their personal relationship with food, as well as body. Taking aside the focus on body, exercise, image, and beauty - language communicates our needs and wants. Unfortunately, when someone is struggling with an eating disorder, language has been ripped away. As recovery progresses one is able to introduce new words to their vocabulary. Language becomes sharper, positive, and real. Listen to the way some discuss food and body, or listen to your own language.

I begin sessions or discussions asking how someone would describe the eating disorder (if they are able to identify it as an eating disorder). If that feels uncomfortable, I have them artistically depict the eating disorder, as it varies from person to person. Some describe it as a monster in their head, an angel and devil (the eating disorder being the devil), a mental war inside, and others would define it as a friend. One particular young lady drew their portrait with stitches on the mouth representing the eating disorder. I was appreciative for that individual sharing the drawing, as we were able to slowly remove those stitches. The image continues to resonate with me as it captured her true dynamic with the eating disorder. Utilizing language in the therapeutic setting is crucial.

I was out to dinner a few months ago and had ordered a dish, which the restaurant is known for, mac and cheese with Hot Cheetos sprinkled on top. Yes, this is a delicious and popular dish. A man and woman who were next to me at the time unfortunately looked at my plate in horror. This look was accompanied with the woman remarking, "does she know how many calories are in that meal, how can she eat that?." I was completely taken aback by this woman's lack of awareness, and by lack of awareness I mean ignorance. At the time, I worked at a residential eating disorder facility, which after a long day of eating disorder sessions, the woman's remark almost made my head explode. My anger quickly went to sadness. I was acknowledging her inability to recognize how powerful her words were, and how shaming she was of my meal.

How is your relationship with body and food? It is a loaded question, but a question that is worth reflection. I have had responses differ, but they all share a common thread. "No one likes their body, the love/hate relationship with the scale, some foods are good and others are bad, dieting helps maintain control etc." It isn't necessarily the answer that I am often content with, but I praise the ability for someone to be open and honest in their response. If someone doesn't have a response, I follow it by asking "how do you talk about food and body?" I use the word body with a purpose. Notice, I didn't say your, although that is important. The language we chose for others is telling as well.

Recovery and language compliment each other. You are able to hear when the individual has truly embraced all that recovery entails. The words they use to describe themselves and experiences are profound. The word impossible somehow shifts to possible. Acceptance is mentioned in dialogue. It might not be the specific word, but something along those lines. Bring awareness to your own language. I overheard a six year old at the grocery store point at the "good" and "bad" items on the shelf. Her mother didn't correct her language but simply said, "Put the 'healthy' items in the basket". I do not come from a place of judgment, but from a place of awareness. I am simply bringing mindfulness to the language we utilize, not only for ourselves, but also for others around us.

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



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Freedom from **B**ondage

by: Mark David Goodson

MY NEW SKIN

Snakes aren't the only animals who shed their skin. And adapting to your environment is not a skill limited to chameleons. Humans are shape-shifters. While it's not in our biology to grow an extra appendage, because multi-tasking requires more than two hands, it is in our psychology to change who we appear to be based on the company we're with. I know this from life experience.

I understand the popularity of role-playing video games. I was very much an avatar in my own life growing up. I had trouble acting on decisions. Decisions were made in a winding spiral of thought, processed through many hyper-sensitive filters, enacted with a silent plea for your approval. My life was the screen, and my thoughts the remote control. There was always a lag time between what I decided to do, and what I actually did.

Whether or not you're an alcoholic like me, I hope you can relate to that feeling of indecision. It's been my experience that because I'm an alcoholic, I felt an acute indecision about life. I suffered from what I've heard in recovery to be called, "paralysis of analysis." It's a state of mind that thinks about the thousand ways what I do will be received, before I do a damn thing at all. It is a symptom of intense insecurity, a crisis of identity. In it, I doubt myself enough to believe that what you think of me is what matters most. I think people of this type are more susceptible to peer pressure, like I was. Not only is self-doubt a symptom, but so is the desire to escape, to be or pretend to be someone I'm not.

I remember sitting on a swivel stool by the window of our local delicatessen growing up. I spun on that red cushion waiting for food or friends. I spent much of the time staring at customers or people on the street. My eyes followed them out of the store, around the corner. My imagination followed them back home. To their wives or girlfriends, to their children. I wondered, How do they do it? How do you walk through life so comfortably? How do they know what to say next? Who to be? What to do? Even a panhandler gleaned my envy: Why can't I just beg for money, buy some food, and repeat? How is it that simple for him? People, anyone, had a natural place in the world.

Life to me felt like a dressing room, where nothing I tried on would fit. But not when I drank. Not when I used. Not when I smoked cigarettes or sneaked out of the house. My buzz was my identity. The chemicals in my veins the main purpose to my life. Nothing was more important. I was cautioned in early recovery about junkie pride. I shared how I went to work while on prolonged benders and sprees. I was obsessed with my tolerance for drugs and alcohol, with getting away with it, with tricking you into thinking I had my stuff together, with sounding smart.

I learned to wear whatever skin I had to: the jock, the scholar, the rebel, the clown, the innocent, the guilty, the victim. I could morph from the outside in, responding to the company I kept, undergoing massive overhauls of personality if need be. It was a long road filled with cracks and potholes, detours and congestion. Eventually, I arrived at a destination: "My name is Mark, and I am an alcoholic and an addict." It was that one admission that made all those bent and broken pieces fit into one identifying principle. I'm not a jock, but an alcoholic who plays sports. I'm not a scholar, but an alcoholic who likes to read. Identifying with my disease became the cornerstone of self-awareness.

Since admitting those words, I have grown into a teacher and coach, a writer, a husband and father. But unlike before, I understand that I am all those things because I am something else first: a man in recovery. Being a man in recovery means that I am not going to change for you or anybody. In fact, the last person who can be held responsible for changing me, is me.

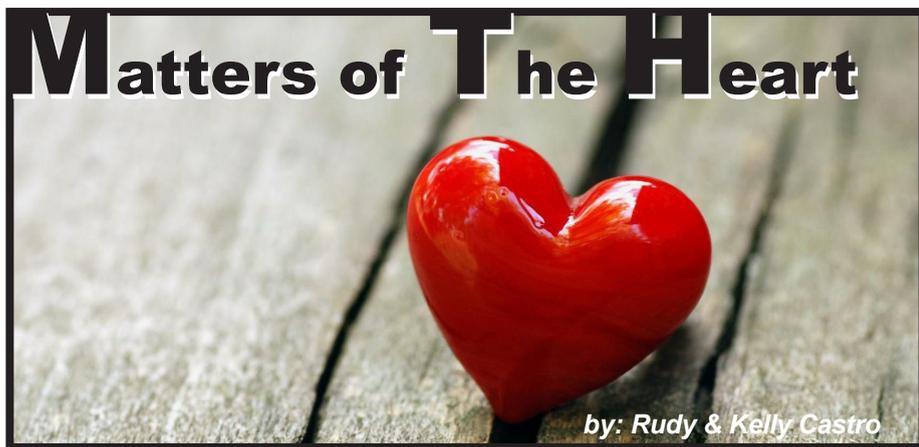
I must be changed. I must allow God or, if you like, higher power, or over-soul, or group conscious, to work from the inside out. Recovery is an inside job, a constant process of matching what's inside with what you see and hear, and read and touch on the outside. And while it feels like this new me is wearing his new skin, the more I stick around, the more I realize that it is not new skin I am wearing at all, but the skin that I was born to wear. The closer I stay to my recovery, the more I realize that I do the things I do, because I am destined to do them. And that is some empowering stuff. To go from doing things because I hope it will make you like me, to doing things because it's who I am is the same difference between controlling an avatar in a fantasy world, and becoming that character in real life.

If we are, in our recovery or in our dreams, or at our work, doing what we are destined to do, who's to say how far back that guiding influence extends its hand? Did it all start when our mothers met our fathers? Or their fathers met their mothers? Did it all start when our ancestors settled in whatever area ancestry.com tells us our skin originated? Or does the hand extend from deeper back? Does it reach from the mastery of the wheel? Or of fire? Does it reach from the cave? From the primordial ooze? Just how powerful is that stroke of a pen or embrace of a loved one?

What I enjoy thinking about most is if the power of the infinite, the unknown—if the big beautiful mystery can guide us now in whatever we are doing, who can say where our actions will end?—if they're meant to end at all.

And to think, I once said, "My name is Mark and I'm an alcoholic," just to get everyone to shut up about it already.

Mark Goodson is a writer in long-term recovery. He calls his blog "the Miracle of the Mundane." Follow him at www.MarkGoodson.com



SUCCESSFUL SPONSORSHIP

Tips for choosing, and being a great guide. One of the most beautiful things about 12 step recovery is the understanding and practice of each member who honors the principle; "You can't keep it unless you give it away." It is an interesting paradox to consider that the longer you continue to give something away - the longer you will be able to hold onto it. However, any of us who have been around awhile know that this is true.

So, what is it that we are giving away? We are giving away the 12 steps. We are giving our experience, strength, and hope. We are giving others the experience of not being alone. We are giving the gift of compassion, and understanding. We are giving the space for others to be seen, and heard. We are giving our time, and trusting that God is the one doing the work.

What we are not giving is unsolicited advice about how we think other people should be living. If we are doing this, Alanon might be worth checking out. Inside of our commitment to serve people at a high level, we found that program to be very helpful. VERY helpful. Sponsorship can accidentally, and easily become an easy place to remain addicted to the illusion of control, by having us believe that we are "in charge."

"The role of any great sponsor is to help guide someone back into their own heart."

We are not in charge. God is in charge. The role of any great sponsor is to help guide someone back into their own heart. We were all born with most (if not all) of the answers we will ever need. The Big Book says "we will intuitively know how to handle situations that use to baffle us." This we have found to be true. The steps have offered the opportunity for us to clear out our channel, that we may actually hear that divine wisdom in which we all have access to.

Not to say that sometimes our answers won't come from others. They will. Chances are our intuition will be the guide that leads us to the person who has that wisdom to offer. Wisdom is often gentle and inviting. Advice can be domineering and righteous. Wisdom says "yes, I have seen something like this before, and this was the solution," and does so without judgement. Advice says "I know the answer. This is what you should do to fix this thing that is wrong." Sometimes the difference can be subtle in sound, however great in impact.

We offer suggestions. We are committed to the wellbeing of others without the attachment of what wellness means or how someone should get there. Easier said than done, we know. We, and everyone we know, have struggled with this ideal. Thank God it is progress rather than perfection! We do our best, and aim to grow in all areas including sponsorship.

How about the other side of this coin? How do I know if a sponsor is right for me? Here is a prayer that we have said more than once, and has always worked. "God help me meet my next guide. I am ready to grow, and want to hear you through someone. Please let me know who that someone is. Make it clear to me, and give me the courage to ask them for help."

This prayer may help you find your first sponsor. It may help you find your 15th sponsor. It has helped us. We have had many sponsors, being in several programs - for several years - having worked the steps several times. We have learned through trial and error that being sponsored by someone we can hear, is really important. Two people can say the same thing, and yet you can only hear it from one. We always go with the one we can hear.

Speaking of sponsors we can hear, I once had one that said "results don't lie. Look at what someone has produced before taking their advice." I heard that loud and clear! In other words; don't ask the person who is single, for advice in how to be married. Don't ask the person who is broke for financial advice. Don't ask an atheist how to build a relationship with God.

Con't Page 22

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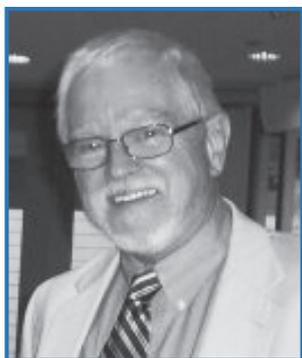
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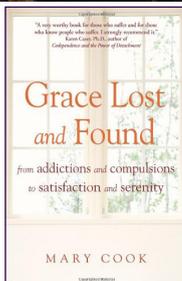
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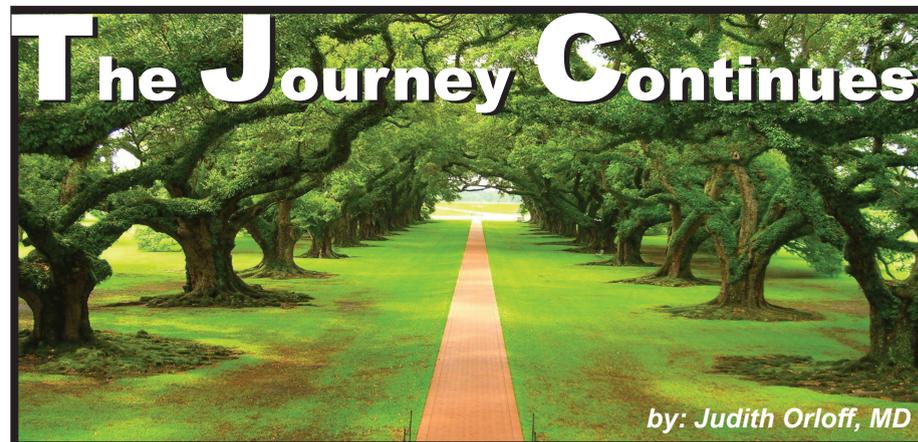
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by: Judith Orloff, MD

STRATEGIES TO DEAL WITH ANGER

Anger addicts cope with conflict by accusing, attacking, humiliating, or criticizing. Unchecked they can be dangerous and controlling. Anger can tyrannize relationships. One woman I treated had stopped having any male friends, because she was afraid of her partner's unrelenting jealous anger. If she went to lunch, for instance, with a male colleague from work her partner would barrage her with cell phone messages during the meal. Initially, unable to set boundaries, she appeased him by giving in. My patient told me she didn't want to "create a war at home", by doing anything to provoke his wrath. Clearly, we had our work cut out for us in therapy. She didn't want to leave her partner, but she needed to be strong enough to assert healthier limits in the relationship.

The common dynamic with anger addicts is that they use anger to cope with feeling inadequate, hurt, or threatened, whether the person acts out occasionally or not. Anger is one of the hardest emotions to control due to its evolutionary value of defending against danger. When you're confronted with anger, your body instinctively tightens, the opposite of a surrendered state. It goes into fight or flight mode. Adrenaline floods your system. Your heart pumps faster. Your jaw and muscles clench. Your blood vessels constrict. Your gut tenses. In this hyper-charged condition, you want to flee or attack.

Instead of running or retaliating, try my approach. First, take a breath to calm down. Tell yourself, "Do not respond with anger. That will just make things worse." If the person is being abusive excuse yourself from the situation. If you can't escape, say with a boss, try to stay centered, non-reactive, and not feed the anger. Later, when you can address the anger more fully, admit your unedited reactions to yourself or a supportive person. This prevents anger from building up. You can't start the process of surrendering anger until you've acknowledged the raw emotion.

When you're exposed to anger, here are some steps from my book on the power of surrender to calm your system, and have a clear head. Without this you're trapped in reactive behavior, which gets you nowhere at all.

How to Communicate with Anger Addicts:

Step 1. Surrender Your Reactivity. Pause when agitated: Take a few slow breaths to relax your body. Count to ten. Don't react impulsively or engage the anger even though your buttons are pushed. Reacting just makes you weak. Though you may be tempted to lash out, try not to give in to the impulse. Focus on your breath, not the angry person. You may still feel upset, but you'll be calm and in charge at the same time!

Step 2. Practice Restraint of Tongue, Phone, and E-mail: Do not retaliate or respond at all until you are in a centered place. Otherwise you might communicate something you regret or can never take back.

Step 3. Breathe, Relax, and Let Go: Resistance to pain or strong emotions intensifies them. In martial arts, you first take a breath to find your balance. Then you can transform the opponent's energy. Try staying as neutral and relaxed as possible with someone's anger, instead of resisting it. At this stage, don't argue or defend yourself. Rather, try to let their anger flow right through you.

Step 4. Acknowledge their position: To disarm angry people, you must weaken their defensiveness. Otherwise, they'll dig in their heels and won't budge. Defensiveness stifles flow. Therefore, it's useful to acknowledge an anger addict's position, even if it offends you. From a centered place say, "I can see why you feel that way. We both have similar concerns. But I have a different way to approach the problem. Please hear me out." This keeps the flow of communication open and creates a tone for compromise.

Step 5. Set Limits: Now, state your case. Request a small, do-able change that can meet your need. Then clarify how it will benefit the relationship. Tone is crucial. For instance, calmly but firmly say to an in-law who's yelling at you, "I love you but I shut down when you raise your voice. Let's work this out when we can hear each other better." Then you can discuss a solution. If people persist in dumping toxic anger, you must limit contact, define clear consequences such as "I can't see you if you keep criticizing me," or let the relationship go. You can also use "selective listening", and not take in all the details of an outburst. Focus on something uplifting instead.

Step 6. Empathize: Ask yourself, "What pain or inadequacy is making this person so angry? Then take some quiet moments to intuit where the person's heart is hurting or closed. This doesn't excuse bad behavior, but it will allow you to find compassion for the suffering behind it, even if you choose not to be around the person. Then it's easier to surrender resentments so they don't eat at you.

Gathering your power before you respond to anger takes awareness and restraint. Admittedly, it's hard to surrender the need to be right in favor of love and compromise. It's hard not to attack back when you feel attacked. But, little by little, surrendering these reflexive instincts is a more compassionate, evolved way to get your needs met and keep relationships viable if and when it's possible.

~~~~~  
Judith Orloff MD is author of the national bestseller *The Ecstasy of Surrender: 12 Surprising Ways Letting Go Can Empower Your Life*, upon which this article is based. Dr. Orloff is a psychiatrist, intuitive healer, and New York Times bestselling author who synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition, energy, and spirituality. An Assistant Clinical Professor of Psychiatry at UCLA, she passionately believes that the future of medicine involves integrating all this wisdom to achieve emotional freedom and total wellness. For more inspiration visit [www.drjudithorloff.com](http://www.drjudithorloff.com)  
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by: Catherine Townsend-Lyon

A RECOVERING GAMBLER'S RAMBLINGS

Can you look back within your gambling addiction, and know when you may have crossed that "thin blue line" into addicted gambling? Or did you have a time that made an impact on you like a gambler in the family? I felt a certain such memory had a hand in me becoming more aware of my State Lottery offerings when I was still living in South Oregon. I have written about state lotteries before here, as it is another expanding gambling problem with lotteries that are selling and advertising to "Get Some of Your Money!"

See, the Oregon Lottery introduced video poker machines and slot style games in the late 90's; I remember one poker game I was watching how to play by a retired guy sitting behind one of the machines while I was having lunch at a little corner deli with my best friend. He was leaving, so I sat down, and he showed me this game he was playing. He was winning on it, so I thought I'd give it a try. Just before he left he leaned in my ear and said; "always cash out and leave with the state's money as I would feel sad if you got "hooked" on these machines." I knew he was joking about getting addicted. I never saw him again after that. He had NO IDEA how that one day had an impact on me, and where my life would go due to those video poker machines.

A few years passed by and the state began the boom in profits from these lottery machines. Then after the big financial crash around 2008 -2010, many small communities throughout the US had budget shortfalls due to the government cutting federal funding. Oregon got a double whammy as the government stopped the federal timber funding as well. So, like the tax on alcohol and tobacco, they set their sights on gambling to make profits. A great place to visit to see how gambling impacts your communities in your local area by each state is, stoppredatorygambling.org/ - "Stop Predatory Gambling | End the unfairness and inequality created By Government - Sponsored Casinos and Lotteries."

Les Bernal, Founder, and National Director and his team have done a fantastic job in seeking a decrease in gambling expansion, through legislation in Government and within each State. For me, again, it was the state lottery offerings and having access to these machines everywhere was my downfall. Why drive 42 miles to my nearest Indian Casino when I can walk across the street and play the lottery slot machines in a local lounge? And having a lot of access, I began to go gamble more often. As we know, addicted gambling is a slow progressive disease, until one day you move from being a problem gambler to having a full blown addiction. I started to "chase" the money I lost, so I'd go gamble 2 or 3 times a day. All part of "the cycle" of this illness.

Then when your money is gone? The ugly habits and behaviors begin. You lie to loved ones and spouse about how much money and time away spent gambling. You may start to sell and pawn things of value to get money to gamble. Then you open credit card accounts and max those out. Blow through your savings and even your retirement savings. The list goes on until you are flat broke and in deep financial trouble! The next step? You may in the desperation phase commit a crime or illegal act to get money to gamble. Yes, I walked that road once and finally had to face the fact that I needed help after two failed suicide attempts, in the hospital and then into an addiction crisis center twice. That is how bad my addiction evolved.

How do you get off this roller coaster ride? The first important step is to surrender and turn this situation over to a "Power Greater Than Yourself." You need to be ready and willing to admit YOU HAVE A PROBLEM. If not? Nothing will work. I began attending Gamblers Anonymous while in my last stay in the crisis center as it was in my treatment plan. See, ironically the State Lottery paid for both my treatment and crisis center intakes. They have to put aside profits to pay for treatment of those who become addicted. My addiction was bad, I needed more than just Gamblers Anonymous meetings. So I stayed in treatment provided by the state for three weeks. For my aftercare, I worked with an addiction specialist for a year and learned many tools, skills, and learned how to properly interrupt the "cycle," and deal with triggers and urges.

Many of these tools I still use today along with education of the disease, journal each day to help with stress and life events not prepared for, by having a solid "relapse prevention plan" in place. I read many books and still listen to the newcomers in G.A., who's stories are powerful and reminds me to never become complacent with recovery. I advocate, blog, and I am helping others to recover.

I continue to rework my steps and the inner work needed to process any past pain, learn to forgive and have a heart of "Gratitude and Humbleness." When you do, live life each day like it is your LAST!

All of this will help you finally "Quit to Win" and gain your life back.

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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H A B I T of H A B I T S



Redefining Your Self-Image

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

In the Steps 6-7, we get to work on eliminating character defects, most of which are bad habits. We are about to expose the worst of those habits and suggest how to deal with it.

I start with the assumption that the root cause of all addictions is the lack of self-esteem. The Habit of Habits, thinking and acting like a loser, serves to perpetuate and reinforce those feelings of little or no self-esteem. As I found in my hunt for the root cause of all addictions, listening to recovery stories also provides many clues regarding the Habit of Habits. Besides the theme of “that empty hole inside”, the other recurring theme, are descriptions of feeling or still feel “less than” their peers and for many, feeling “less than” even back into early childhood.

I remember hearing a share in a 12-step meeting by the speaker, who described the first time he walked into a 12-step meeting. While listening to the speaker at that meeting discussing how he had low self-esteem, he was thinking to himself, “Boy, I wish I could, at least, have ‘low’ self-esteem!” his self-esteem being lower than low.

Notice that I say thinking and acting like a loser without describing people as losers. People are not losers. They just have gotten in the worst of all habits of thinking, and acting like one. Because their life’s experience has not given them the tools for building self-esteem, over time start thinking of themselves as “less than” all those who have what they admire.

Those feelings are acted upon in many quite dissimilar ways. Some folks just stop trying to be successful, and choose to live lives of quiet desperation. They are the classic Underachievers. Underachievers are usually wrongly viewed as having a lack of motivation. To the contrary, these people are very well motivated to underachieve. It takes a lot of effort for someone with a lot of native abilities and intelligence to opt out of using it. What they are doing

is voluntarily taking themselves out of the competition. In this way they never have to face their worst fear, “failure.” They do not believe that they are good enough and would probably fail, so by not competing in things they will never fail. Unfortunately it also insures that they will never win.

Others become bullies in one form or another. They are people who feel like wimps inside and protect themselves by always being on the attack. For them, the best defense is a good offense. And these folks are experts at keeping others far enough away so that their inner, less than, feelings are never discovered. I have a principle called “The Law of Opposites.” Anything a person must continually say, or demonstrate about themselves is a great clue that inside they are feeling the opposite. People who feel good, if not great inside, do not have to keep telling you or showing you how great or powerful they are. They just are who they are, and do not need you to acknowledge that for them.

So how do people reinforce the habit of habits? Some of the ways are beating one’s self up at the drop of a hat, never giving one’s self the benefit of the doubt, and being a perfectionist. A perfectionist is the ultimate of loser thinking and acting. Because perfection is an unreachable goal, perfectionists judge their performance against perfection, and always come up short, which supplies them with a continual source of negativity. The only thing perfectionists do perfectly is to beat themselves up!

Before I explain how to break the habit, a bit of theory on how to break any habit. It is important to understand, habits are controlled by the inner mind. Once the inner mind understands that an action or way of thinking, or behaving is normal and natural, it will automatically continue to do it forever. Willpower is a function of the outer mind. The reason willpower hardly ever works to overcome set habits is, that the inner mind programs are way more powerful than the out of mind’s desires. The second reason

why “willpower” is “won’t power”, is that one of the major functions of the outer mind is to protect all inner mind programs. So the outer mind is in conflict with itself. On one hand it wants to change a habit for all sorts of logical reasons, and on the other hand its marching orders are to run interference against any and all efforts to change that inner programming.

I’m not making this up. Ask anyone who has raised children. They can probably remember that up to about the age of 12, their kids would follow any thinking that they were told. Young kids would unquestioningly follow their parents over a cliff. At about the age of 12 they started responding to everything by putting their hands on their hips, looking up and asking, “Why?” Until that point in their brain’s development, their outer mind function as the guardian was non-existent, so the inner mind would be accessible and ready to absorb any and all of the knowledge necessary, to function for the rest of their lives, everything from language to toilet training. After that point, direct access to the inner minds ceases, as the outer mind assumes its role as guardian and protector, which accounts for the “why” response.

Knowing this about the workings of the mind, there are two major ways of changing inner mind programming. The first utilizes self-hypnosis programming and the other, by doing a new habit consistently long enough, for the inner mind to understand that this is the new way of doing things. Once it gets it, it will do the new thing habitually. For most minor habits, 30 days of consistently doing the new habit is usually enough for the inner mind to get the message, and alter its programming. For major habits that have been practiced for long periods of time, such as smoking or the one we are currently dealing with, loser thinking, it will probably take a longer period of practicing the new habit.



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To effectively change habits this way takes an extraordinary amount of conscious awareness. There must be a constant vigilance of one's actions, to make sure that the old habit does not slip or creep back in. Any temporary slips back into the old habit resets the timer, of how long before the inner mind accepts new replacement habit (way of doing things) because the inner mind interprets the slip as, "Oh, I guess that new way was just temporary, so I have no reason to change." Self-hypnosis programming will greatly help to shorten the process.

My favorite method to change loser thinking is The Mirror Exercise. Because people who have the loser thinking will put themselves down and beat themselves up at the drop of a hat, I developed a new habit or practice that would counter that old one, one that could be done purposely and regularly. So here it is:

From now on and forevermore, every time you see your face in the mirror, you MUST smile and you MUST say something nice about yourself. The nice thing could be an external something such as you have a great smile, or you're good looking. The only caveat here is that it needs to be something that you truly believe without any reservation, or consideration to be true about you.

It could also be some internal qualities, such as you are smart, considerate of others, or would make someone a good partner. Anything as long as it is 100% positive and you believe it is 100% true about you.

Most folks, who are in the habit of beating themselves up, love to do so in front of mirrors. If you catch yourself using the mirror to beat you up, you MUST say two positive nice things about you for every nasty one you just uttered or thought, and then you MUST smile. Also, if one day you are not in the mood to smile, or because you didn't usually smile you think you don't know how, then fake it, but you MUST smile every time you see you.

What this exercise does is start a love affair with yourself, the foundation on which self-esteem is built. Once you have developed that you can truly become your own person, and are on the way to personal happiness and success.

How do I know this is true? I originally developed this practice for me as I was the consummate loser thinker. I know it works and to this day, I still do it. And every client to whom I have taught it, reports the same results. A wonderful side benefit of this practice, is that eventually your face becomes a trigger to an automatic smile, and you can't feel down or depressed yourself when you smile.

So smile every chance you get. Anytime you walk by a mirror smile. If you are in a funk, that automatic smile will break that state of mind, and you have a chance to have a wonderful rest of the day! Perhaps your smile can trigger another person's smile.

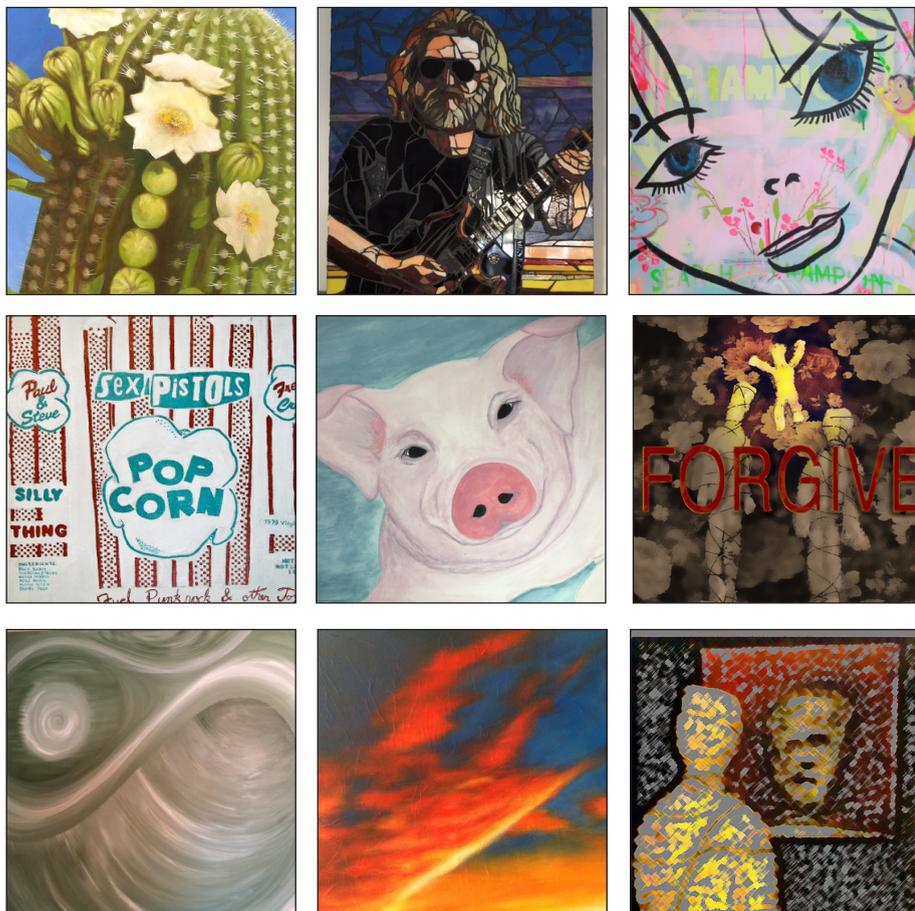
©2016, Jason Wittman, MPS, CATC-IV, ILAADC.

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

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



Sunday, Sept. 10th, 2017 11AM to 5PM
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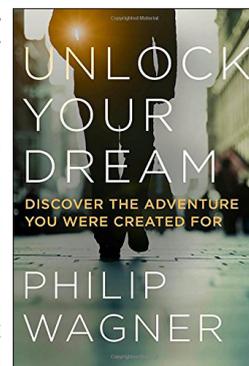
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Book & Video Reviews

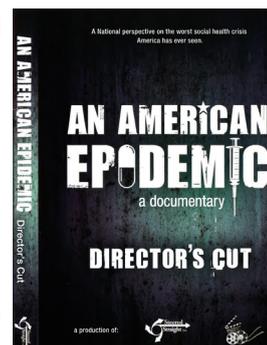


UNLOCK YOUR DREAM: Discover the Adventure you were created for. Written by Philip Wagner, Lead Pastor of Oasis Church, in Los Angeles, California. Founder of Generosity.org; Published by Water-Brook, a division of Penguin Random House LLC.

In Philip Wagner's book "Unlock Your Dream", he wakes us up to the fact that we all have had big dreams for the future, and so many of us are afraid of failure because few know how to make them a reality. The realities of life can re-adjust our dreams, downsizing them. We lock those dreams away, deep into our subconscious. Dreams are our view of the future, and the substance of great achievement. This book re-ignites the dream, and gives us the desire and strength to pull those dreams back to the present, and lets us feel the possibility of reaching that once seemingly impossible dream. This book encourages us to remain faithful to our dreams, and it provides insight how to do it even when the path becomes a very rocky road, and we feel everything is against us. Philip has written not only a practical but, also a personal guidebook, that will help each of us to reach our highest God-given dream. We have a real desire to make a difference, but often don't know how. In "Unlock Your Dream" Philip shows a way for us to whittle away the parts of our dreams that are selfish, and to focus on the dreams that are God-centered. He inspires us to push past our doubts and give us the confidence we need to reach that God-dream. For many years I have admired Philip Wagner as a speaker, and a Pastor now I add to that, as a writer. He writes in a language that is very easy to understand, and therefore we can learn so much more. This book is inspiring and a great read. Available at www.Amazon.com.



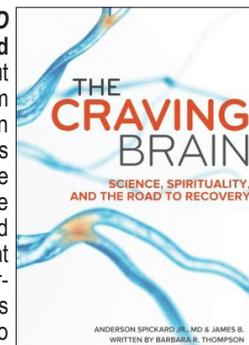
AN AMERICAN EPIDEMIC, a documentary; Written and directed by Michael Deleon. Heroin and Opiate prescription pain medications are killing people at record levels, especially our youth. The problem plagues our entire country. From the Producers of, "Kids Are Dying", a documentation of New Jersey's Opiate and Heroin Crisis, comes a National Perspective of this problem. "Drug addiction and the overdose crisis in this Country is the worst public health crisis we have ever seen. There are REAL solutions to this problem, and without REAL collaboration, coming together to work together, we will not solve this problem. This is going to take EVERYONE, Working Together, to end this crisis." Michael Deleon has made carrying this message to America his life, by any means necessary. This movie gives real information from statistics to personal stories, of addiction and loss. We see families, addicts, law enforcement, actors, and basically anyone that has been affected by this epidemic.



At the beginning of the video, the C.E.O. of C.A.D.C.A (Community Anti-Drug Coalitions of American) talks about a solution, which is found in a community based model that lays out a plan, to get the community involved. Practical solutions, which help empower the viewer.

Michael Deleon calls lawmakers, law enforcement, doctors, families everyone to step up and do their part to help end this crisis. I have met Michael and he is very passionate about educating America about this epidemic. The first step is understanding what we are up against, then we can take the second step of doing our part. Available at www.steeredstraight.com, www.americanepidemicmovie.com

THE CRAVING BRAIN: SCIENCE, SPIRITUALITY, AND THE ROAD TO RECOVERY; Written by Anderson Spickard Jr., MD & James B. and Barbara R. Thompson. This is a book that describes in absolute detail about the journey of addiction with its causes and conditions. It reveals how from the beginning of addiction, with all the uncertainties, the snowball affect can leave little ability for being able to stop. Within the very same pages of this book are obtainable solutions, that can change one's perspectives once the reader opens their clenched fist, open their hands to grab hold to receive the answers, which will help them find enlightenment. When Spirituality and Medicine is accompanied with practical applications, the formula is one that can be expressed concisely, for transfusing into the life of the addict. The journey from first ingesting or inhaling, to a complete turnaround is outlined in this remarkable book. It's a must read for every professional who is on the road to redemption, and those who want to extend their accumulated knowledge to help set so many free from bondage.



This book begins at succumbing to drugs and alcohol, to the liberation from all cravings and desires, which stems from our physiological composition, faith based operation, and our personal motives. We are comprised from a foundation that gives each of us unlimited resources, unmerited favor given freely from our Higher Power. What we have within ourselves is phenomenally inherit, to help us achieve our goals when we apply the right motives, to accomplish what is set before us. This book is a true blessing for all, I want to personally thank Anderson, James and Barbara very much for their incredible collaboration, which give us this very fascinating book. Available at www.Amazon.com.

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



by: Jenni Schaefer

A LESSON FROM THE PSYCH WARD

Let's stop missing PTSD: A lesson from the psych ward. My marriage sent me to the psych ward.

I guess I should rephrase that. It wasn't actually my marriage that got me admitted. It was the letters PTSD, or rather the fact that that's what happens when you tell enough people, in one day, that you want to die.

I wish I had known the truth about posttraumatic stress disorder long before they took my shampoo, spiral notebook, shoelaces, and anything else the hospital staff deemed dangerous. They even took my pen. As a writer, this was a "face down" moment; I couldn't be trusted with a ballpoint pen.

It never should have gotten that bad. The thing is: I did reach out for help. A lot.

I described posttraumatic stress disorder symptoms to nearly ten different therapists over a period of about twelve years. I was told that my difficulty in intimate relationships was a result of my being "avoidant attachment", or "just really anxious." One therapist (that's what he listed on his business card anyway) told me to drink more alcohol to deal with the anxiety. Excuse me, what?

"Why did so many people, including me, miss the signs of a real, life-threatening mental illness?"

Why did so many people, including me, miss the signs of a real, life-threatening mental illness? Not to mention, why did I get such bad guidance from helping professionals?

My friends and family could tell that I was exhausted, depleted, that I was far, far from myself, but they couldn't see what I was fighting against.

Nothing is chasing you, Jenni. Just quit running.

But PTSD is an invisible monster hunting you down, and you have to keep running, or you will die. That's how it feels, at least. There was a saber-toothed tiger lurking around every corner. Yes, I think I will keep running. Why couldn't everyone see that?

I share my story in hope that people will get help way before I did. I want PTSD to be on their radar, because it wasn't anywhere near mine. I had never fought in a war; I had never survived a horrific accident. I was ignorant to the fact that any of us can develop PTSD.

Awareness, for me, came with one life-changing Internet search: "exaggerated startle response." Let's just say that I was jumpy—one of those on-guard symptoms. To my surprise, pages and pages of information about PTSD loaded onto my screen.

I'm not going crazy. I'm not alone. Thanks, Google!

If you are struggling with something from your past—don't let others dismiss what happened to you, even if they think it's something small—my hope is that you will tell someone and seek help.

The diagnosis of PTSD, for me, wasn't about a label; it was a compass to point me toward treatment that works.

I can't change the fact that I experienced trauma, but I am no longer afraid of the memory, something that I avoided for so long. A memory can't hurt me, but I'll tell you what: avoiding it sure can. So, today, my motto in life, in general, is approach, approach, approach, especially when it's scary. Move in the direction of your healing.

It was scary to write this, so that's just what I did. I got my pen back, and now I'm using it to tell my story.

This article originally appeared on To Write Love On Her Arms' blog, www.twloha.com, on June 22, 2017. 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.



KEYS TO RECOVERY NEWSPAPER, INC.

Keys to Recovery Newspaper's 3rd Year Anniversary/Awards Dinner where Roz and Richie Annenberg, were the recipients of our "Outstanding Contributions in the Recovery Community" award.



From left to right:
Jeannie Marshall, Roz & Richie, Marcus Marshall



Photos by: Brian Stewart • Email: burbanktv@gmail.com

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AUGUST Events

WEDNESDAY, AUGUST 2ND, 2017: (Weekly Wednesdays) 12th Step Yoga. 7:15-8:30pm. Santa Monica Yoga. Free Donation Weekly Yoga Class in Safe Environment. D1640 Ocean Park Blvd., Santa Monica, California. 90405. Contact Dennis (310)-266-2698 or dennislyonsyoga@gmail.com

FRIDAY AUGUST 4TH TO SUNDAY AUGUST 6TH, 2017: 15th Southern Nevada Woman To Woman, CasaBlanca Resort Casino, Mesquite, Nevada. For more information www.woman2womanretreat.com.

SATURDAY, AUGUST 5TH, 2017: (Weekly) Music and Meeting. 9:30-11:30 pm. The New Radford Hall 13267 1/2 Victory Blvd., Van Nuys, California. Contact Ron (818) 823-3633.

SATURDAY, AUGUST 5TH, 2017: FUNDRAISER ANGEL HANZ FOR THE HOMELESS & THEIR ANIMALS: Please help us continuing the good work by coming to our fundraiser starting at 09.00 am. We have: Clothing, Furniture, Electronics, Animal clothing and toys, Gift certificates for animal grooming, Artist Materials, Klean Spa and Beauty Max, Collectors classic photos of celebrity legends like Bobbie Darin, Chuck Negron, John Wayne, Jack Nicholson, Angie Dickenson & more! 4811 Farmdale Ave. (Off of Riverside Dr.) North Hollywood. California, 91601.

FRIDAY AUGUST 11TH TO SUNDAY AUGUST 13TH, 2017: 44th Annual Tennessee State Al-Anon & Alateen Convention: Annual Al-Anon & Alateen event with Alcoholics Anonymous (AA) participation. Held at the Hilton Memphis. 939 Ridge Lake Boulevard. Memphis, Tennessee.

FRIDAY AUGUST 18TH TO SUNDAY AUGUST 20TH 2017: 27th Beaver Creek Getaway Weekend. NEW LOCATION Camp Frederick, 6996 Millrock Rd. Rogers, OHIO, 44455. Swimming, Volleyball, Hiking, or just relax and take in the sounds of the creek in this beautiful wooded setting. Fishing and Kayaking is available nearby at Lake Tomahawk or down on Beaver Creek at the State Park.

FRIDAY AUGUST 25TH TO SUNDAY AUGUST 26TH, 2017: District 22, 50th Annual Convention, Veterans Memorial Building. Fellowship, Marathon Meetings, Sobriety Countdown, Speaker Meetings, Barbecue, Golf, 5K Fun Run/Walk, Al-Anon Events. Veterans Memorial Building, 801 Grand Ave., San Luis Obispo, California.

UPCOMING - SEPTEMBER

FRIDAY SEPT. 8TH TO SUNDAY SEPT. 10TH, 2017: The 39th Annual Ventura County Alcoholics Anonymous Convention (VCAAC) will be held at the Hyatt Westlake Village, Westlake California. Meetings & Events for AA, Al-Anon and Alateen (both in English and Spanish) Young People, Newcomers, and Long Timers! Marathon Meetings, Speaker Meetings, AA Banquet, Al-Anon Luncheon. Visit our AA Archives Room and Al-Anon Country Store. There will be Raffles, Drawings, Prizes and Gift Baskets, Memorabilia sale items with T-Shirts, Personalized Mugs, Recovery Items and Much, Much More! For more info go to www.vcaac.org

SATURDAY SEPTEMBER 16TH, 2017: Meeting from 8-9:30pm followed by DANCE PARTY (Music by DJ Nicole) 9:45PM - 1:30AM @ the Windsor Club. \$5 club members, \$7 Non-members, Platinum members FREE, Snacks, refreshments, and 50/50 available, Call (818) 242-1350 for more info. Windsor Club 123 W. Windsor Rd., Glendale, CA 91204.

SEPT. 29TH THRU OCT. 1ST, 2017: Southern California A. A. Convention, "Get Your Kicks at SoCal 66". Held once a year since 1952, the Southern California A. A. Convention is one of California's longest running conventions. The SCAAC features speaker meetings, marathon meetings and Alanon meetings, golf tournaments and much, much more. Find the fellowship you crave. This year the SCAAC will be held at the Westin Mission Hills Golf Resort & Spa. Located at 71333 Dinah Shore Drive, Rancho Mirage, California, 92270. For Info <http://www.aasocal.com/registration.asp>

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

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RECLAIMING PARENTING

“Reclaiming Parenting with Addicted Teens and Young Adults” Teaching parents to rebuild their parenting foundation using 5 steps.

The lack of ongoing support for parents after their adolescent or young adult has gone through treatment is astounding. Most programs have no ongoing support for parents during the first year of their kid’s sobriety. There are millions of teens and young adults who have addiction issues. Parents play an essential role in intervention of their child, and help sustain recovery by re-establishing boundaries, taking charge differently, detaching from the addiction, and recreating their role to strengthen family recovery. They need support, especially during their kids first year in recovery, when the whole family is fragile from the years of addicted dysfunction. Parents who have been part of their children’s recovery process, from treatment to aftercare, have witnessed a multitude of changes with their children and their relationship. When these kids leave treatment and visit or live back at home, they need a different structure in their family to help them sustain their recovery, and feel support. Parents need strategies and support to reinforce restructuring their parenting to embrace a sober household, and a clear plan that lists steps that will take place in case of relapse.

During the past three years, I did research surveying 300 recovering adolescents and young adults, and worked directly with 200 parents. I collected adolescent and young adults insights on what they needed from their parents, what they wish their parents knew about them, affects of addiction on their relationship with parents, parent appreciations, and many other questions. Below are a few of the responses from recovering teens and young adults that were surveyed:

“If you were a parent, what would you do different?”

- I would have shown up and been around more
- I would nurture my kids
- Be less controlling
- Talk more about drugs and alcohol
- I wouldn’t be overbearing and when my kids were upset. I would just listen instead of trying to fix them.
- Tell my child how special they are to me and that they are loved
- Keep better tabs on how my child spent all the money given to them
- Positive reinforcement for 25 years
- I would not blame my kids for all the problems in our family

“How has addiction affected your relationship with your parents?”

- They lost trust in me, and I’m not sure when it will ever be back.
- My addiction further distanced our relationship.
- When I was depressed, I totally shut down and blocked my parents out, which only caused them to try harder.
- My addiction was like a heavy fence around me, kicking out my parents.

“Dear Parents, I wish you knew...”

- I did my best and tried to be stable but couldn’t. I also wish you knew how much I have suffered. Sometimes I feel that they only saw my maladaptive behavior as an attack against them, rather than a cry for help or an act of desperation.
- That I’m trapped in a vicious cycle.
- I didn’t make a conscience decision to become addicted to drugs.
- That I love them and never wanted to hurt them with my addiction.

The patterns that showed up from their responses and the influences of mindfulness and attachment theory, and the work and research of Dr. Daniel Siegel, Dr. Stephanie Brown, Sharon Wegscheider-Cruz, Craig Nakken, and Dr. Claudia Black, helped me develop 5 key strategies that can transform parenting, by teaching parents to strengthen their foundation. Parents are taught to detach, take charge, understand and not abandon their kids.

From my research and interviews with parents, the following 5 steps of foundational parenting were instrumental in teaching parents to regain their parenting, and restructure their relationships with their kids. Parents regained hope and strength to heal their parenting, and in turn their families. Identifying concrete action steps or strategies that can be used in their relationship with their kids, gives parents something tangible that can be practiced at home daily.

5 STEPS OF FOUNDATIONAL PARENTING, TEACHES PARENTS TO:

Con’t Page 22

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National Center for PTSD

POSTTRAUMATIC STRESS DISORDER

www.ptsd.va.gov

VA’S PTSD PROGRAM LOCATOR:

www2.va.gov/directory/guide/ptsd_fish.asp

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

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

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

www.KeysToRecoveryNewspaper.com

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

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 26 other U.S. States. Having a current print run of 20,000+ newspapers and a readership exceeding 100,000 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.aasgvc.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.jenischaefer.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.s

Nicotine Anonymous So. California Intergroup: www.scina.org (800) 642-0666

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

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

National Council on Alcoholism and Drug Dependence: SFV www.ncadd-sfv.org (818) 997-0414.

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

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

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

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

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

Pills Anonymous: (PA) www.pillsanonymous.com

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

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

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

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

Sex & Love Addicts Anonymous (SLAA): www.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

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

Organization/Company Name: _____

Services offered: _____

Address: _____

Phone: (____) _____ Cell (____) _____

Contact person: _____

What you would like us to print in the resource guide: _____

Email To: info@keystorecoverynewspaper.com or call us at (818) 386-8400
 Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa, CA 91406



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Dr. Nita Vallens, Lic# MFC25909
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Matters of The Heart

CON'T FROM PAGE 9



Be mindful of which minds you are seeking council.

What's great about sponsorship is that it really is about the steps. It's a magical process that restores many to magnificence - beyond sanity. When we keep it that simple, it holds the savory flavor of humility. It takes the pressure off the one sponsoring. Ultimately someone's recovery or lack of, is not our victory nor failure. It takes the fantasy out of the mind of the sponsee that this "sponsor" will be the therapist, God, fixer/answerer of all life's difficulties. It keeps it centered. One messy human, helping out another messy human by offering the blueprint in which we were so generously offered by divinity, through Bill W, and Dr Bob. Part of what they left us with was "No human power can relieve us of our alcoholism. There is ONE who has all power, and that one is God.."

God bless us all as we trudge this road of happy destiny with one another.
 Love only,
 Rudy and Kelly Castro Conscious Partnership

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

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1. Practice being present with their children.
- 2) Develop emotional attunement.
- 3) Act and respond non judgmentally with their children.
- 4) Create sacred family time and recreate rituals.
- 5) Clarify values, rules and boundaries-natural/logical consequences.

Healthy parenting is vital for a child's continued sobriety. A healthy parenting approach does not allow for a child's moods or actions to cause reactions that escalate into a destructive situation. The addiction or threat of a relapse is no longer permitted to rule the home, depleting the parents' energy and power. When parents are clear about their values and expectations, and adhere to them, children can push and test, but healthy parenting doesn't allow this to influence them into bending the rules. In this way, children know that parents "mean what they say, and say what they mean."

One parent so eloquently shared this message after a year of working on these 5 steps, "I can finally own my emotions, our family values and create a family where addiction no longer rules our life." Recovering teens and young adults need parents on board to provide a healthy family to help them sustain their recovery. Parents also need support during the first year of their loved ones recovery, to help them maintain healthy parenting and a healthy family.

Barbara Krovitz-Neren, MA, has been a youth and parenting advocate for more than thirty-five years and created programs through the years that have impacted over 50,000 children, teens, and parents. She currently coaches parents of teens and young adults who are chemically dependent, or have mental health challenges and consults with treatment programs to enhance parent involvement in recovery. The 5-Step Foundational Parenting Program is the culmination of her life's work in her new book to be released in July by Central Recovery Press, "Parenting the Addicted Teen, a 5 Step Foundational Program." She can be reached for more information at bkneren@gmail.com

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Natasha Lee Olson, age 29, is a beautiful and courageous soul who has been diagnosed with stage 4, non-small cell lung cancer that has spread to her brain, liver, adrenal glands, carotid space, pre-tracheal region and lymphnodes.

In response to this tragic diagnosis, we are forming a crusade, which we call, TEAM TASH, to tell her story and raise awareness. As a community we can help alleviate some of the financial challenges for her and her family as they face this long road of recovery.

Natasha has been sober for almost a decade. She is devoted to saving the lives of recovering alcoholics and addicts. She has touched many lives and leads the way through example and action for many men and women in recovery.

In 2009, Natasha graduated with a BA in Psychology and received her Master's of Science in Marriage and Family Counseling. Natasha has dedicated her life to helping others recover from trauma-based experiences.

Natasha's true passion is playing softball. She coaches a team of other sober women, and plays shortstop on a coed sober team as well. As a coach and teammate, Natasha plays a huge role in creating a welcoming, positive and supportive environment for those who are new to sobriety.



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