

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

October 2017

KEYS TO RECOVERY — NEWSPAPER, INC. —



If this looks familiar, it's because it was our very first cover issue October 2014

**Row, Row, Row
Your Boat**
Page 4

**Recovery isn't Perfection
It's Progress**
Page 5

**Uncover to
Discover**
Page 8

Miracles in Action
Intensive Outpatient Treatment



CALL TODAY
818-429-9103

www.MiraclesinAction.info

See page 2 for more information

Miracles in Action
Sober Living At It's Finest



A STEP IN THE RIGHT DIRECTION



ADDICTION TREATMENT & LUXURY SOBER LIVING HOMES

MOST PPO INSURANCE ACCEPTED

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

Call us today for a FREE consultation:

1-855-975-HELP (4357)

www.AStepintheRightDirection.org

9535 Reseda Blvd, #300, Northridge, California 91324

Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Marilyn Davis
Ask Dr. Nita	Page 6	Dr. Nita Vallens
Food For Thought	Page 7	Bianca Konstantinidis
Freedom From Bondage	Page 8	Randy Boyd
Matters of the Heart	Page 9	Rudy & Kelly Castro
The Journey Continues	Page 10	Mara Shapshay
Quit to Win	Page 11	Catherine Lyon
Dying for a Drink	Page 12 -13	Dr. Spickard, Jr.
Healing The Family	Page 14	Stuart Birnbaum
PTSD	Page 15	Jenni Schaefer
Book Reviews	Page 16	The Crew
Events	Page 16	
Classified Ads	Page 18	
Advertising Information	Page 19	
Resource Guide	Page 20-21	

Contributors

Jeannie Rabb-Marshall - President & Cofounder

Marcus Marshall - Vice President & Cofounder

Staff Photographer - Shalimar Cambria

Graphic Designer - J Marshall

Outreach Directors - Peggy Salazar & Judy Gavin

Beth Dewey-Stern - Cofounder

Cover Photo: From our 1st Issue October 2014

Editorial Contributors: Marcus Marshall • Jeannie Marshall • Mary Cook, M.A., C.A.T.C. • Marilyn Davis • Dr. Nita Vallens • Bianca Konstantinidis, LMFT • Randy Boyd, CADA-1 • Rudy & Kelly Castro • Mara Shapshay • Catherine Townsend-Lyon • Dr. Anderson Spickard, Jr. • Peggy Salazar • Jenni Schaefer • Stuart Birnbaum

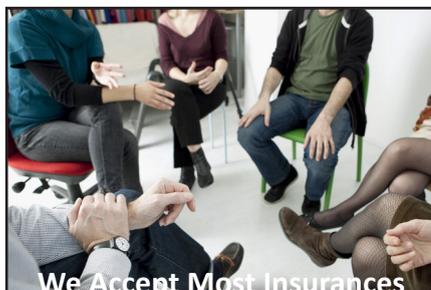
About Us

Advertising Rates - page 19
Distribution Information - page 19

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

Miracles in Action Intensive Outpatient Treatment Center

We understand that you may need a support system.



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

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

We Accept Most Insurances

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

CALL TODAY for a Consultation 818-429-9103

Miracles in Action Sober Living At It's Finest

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



Members of the Los Angeles County Sober Living Coalition

www.MiraclesinAction.info



Welcome to another "recovery filled" issue of **"Keys to Recovery Newspaper"**. While preparing this month's issue, I found the articles came together with a fluidity and grace that had very little to do with me. Each column stands on its own, and yet it seems to build a bridge, to prepare the reader for the next article. I wish I could say I planned it that way, but I didn't. I know that God had His hand right in the middle of this issue.

Our incredible feature "Dying For A Drink", gave us the opportunity to use our very first cover from October 2014. Every time I see this cover it reminds me, that a powerful picture, can tell a story without saying a word.

Pictures allow us to have our own experience, and words can lead us to have an experience. And sometimes words are even more powerful than a picture. Which is why we publish this newspaper each month. We want to use our words to help empower, encourage, and uplift our readers.

We write about recovery, about hope, and about solutions. We hope that these words, in the form of columns, will lead the readers to experience the everyday miracles that happen when we enter the world of recovery. A world where the forgotten are remembered, where families are reunited in love, a world where the impossible turns into i'm-possible. This world of recovery is not perfect, but for many of us it is far better than anything we could have dreamed of.

God put a dream in our hearts, "to help others recover from a seemingly hopeless state of mind and body", and gave us this newspaper as a platform to fulfill that dream. The dream He gave us, became a mission; the mission gave us a purpose; our purpose is to carry the message of "hope and recovery" to as many people as possible for FREE.

While we pursue this purpose of helping others to heal, our miracle is that we are healed, and for that we are grateful. Thank you for the hope and the healing, that come with each month we are able to publish another issue of **"Keys to Recovery Newspaper"**.

I am blessed beyond measure, I thank God each and every day for His mercy and grace.

- Jeannie Marshall, President & Cofounder

Hello everyone, recovery month having just passed was so encouraging to have witnessed so many organizations, and individuals tirelessly working to help in the recovery of others. The love and dedication that is demonstrated through those working in the recovery industry, to say the least, are spiritually inspiring.

We here at **"Keys to Recovery Newspaper"**, want to thank our writers for such heartfelt articles they contribute to our cause, inspiring hope through recovery for those still suffering from addictions and disorders.

There are Clinicians throughout the industry doing incredible work daily, unfortunately, they're not receiving the appreciation deserved. Working in the recovery community is such a rewarding endeavor, which at times require long hours and incredible patience. I have had the opportunity to be a part of this remarkable group of men and women, who are out to accomplish one thing, that is to help their clients achieve sobriety.

We want everyone to become the best person they can be, spiritually, mentally and physically, for that to happen a cleansing of mind, body and spirit would have to occur. They would have to be totally willing to do "whatever it takes", as the big book states to become sober, this means not having any reservations to achieve long term sobriety.

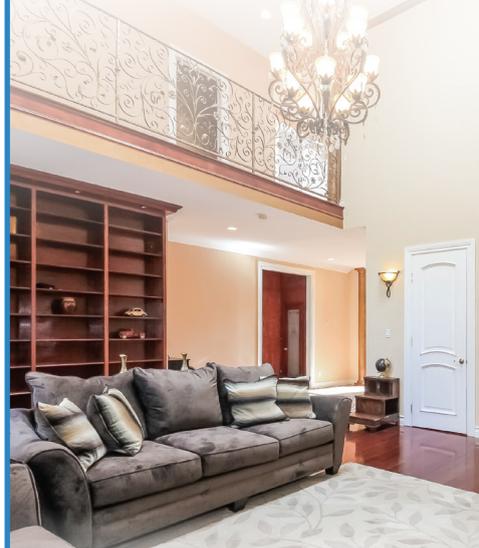
I commend the countless individuals who are in the background, and are not seen and recognized as a contributing factor, to the success of those with addictions and disorders who have acquired recovery.

- Marcus Marshall, Vice President & Cofounder



TRUE INTENTIONS

Located in Tarzana, California



CALL NOW

818.288.6075

www.TrueIntentionsSoberLiving.com

Sober Home provides a safe environment, free of alcohol & drugs.

Our Intentions are to assist each client in their journey of recovery, in the hope they will find their authentic self and discover their purpose in life. Sobriety is a gift that we wish all will experience.

On site Manager

Heated Outdoor Pool

12-Step Meetings

Work closely with IOP & Treatment Centers

Pet Friendly

Refuge Recovery Mediation Meetings

Gym Membership

Jacuzzis in some Suites

Private & Semi-Private Rooms

Food Included



TRUE HOPE CALLING™

recovery is the real deal

connecting families to treatment communities

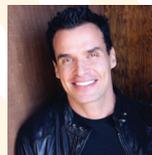
WE CARE for people who are suffering from substance abuse and mental health disorders.

WE CARE for the families who so desperately need a caring treatment center.

WE CARE about our rehabilitation communities.

Which is why our driving force is to develop a nation-wide information and referral center.

We understand individual centers have their own needs. Our mission is to assist your center by providing clients to your front door, leaving you and your team to concentrate fully on the best services possible.



Meet our spokesperson,
ANTONIO SABATO JR.

Model, TV star, philanthropist, activist for behavior health treatment, and successful recovering addict.

CEO **Laurence Marinelli** • Cell: 818.288.6075 • Toll free: 833.222.1935

Email: Larry@truehopecalling.com • Web: www.truehopecalling.com



Phone



TV



Internet



Cell



Social Media



Chat



THE VILLA TREATMENT CENTER

Start your new life today!
Warm & Beautiful Healing Environment Located in Woodland Hills

Interventions
Sub-Acute Detoxification
Residential Treatment
Out Patient Treatment
Sober Living
Alumni Program
Dual Diagnosis
Sober Coaching / Companion

Luxury Accommodations
Private & Semi-Private Rooms

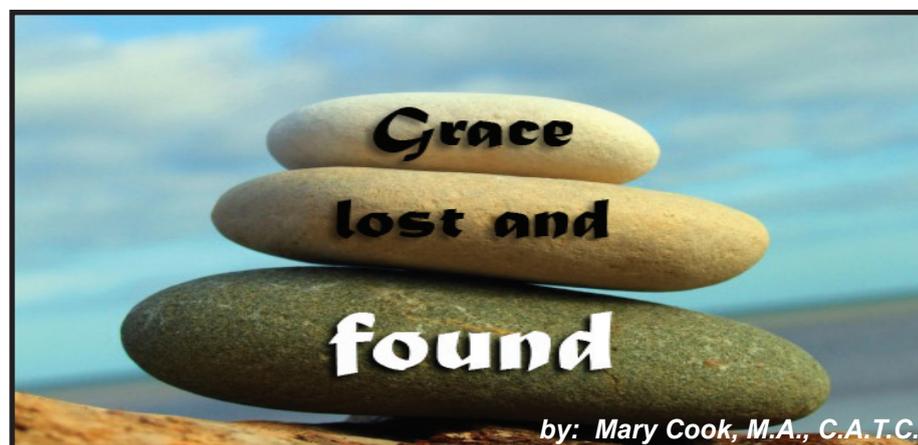


Fitness Program
Music Program
Hiking Trails

Most PPO Insurance Accepted • In Network with Athem Blue Cross

855-591-6116

www.TheVillaTreatmentCenter.com



ROW, ROW, ROW YOUR BOAT

If my life is a boat, my tools are the oars, and the stream is God's guidance, what is the meaning of my journey? We can view the children's nursery rhyme, "Row, row, row your boat" as a spiritual message, and in so doing we become aware of the alternatives we often choose, which confound us and sabotage our journey. This awareness ideally motivates positive change, for it is never too late to hit rock bottom and become enlightened.

"Row, row, row your boat" suggests that we are responsible for our life, and for learning to use the tools we've been given to do our part well. We have free will to move in whatever direction we wish and to experience, gain wisdom and respond to the riches and challenges of our choices, and our journey. There are many versions of failing to take responsibility for our life. We might wait for someone or something to come along and row or push our boat, and ultimately assign blame when we don't like where we end up. We might never leave the shore, or we might make the same trip every day. We might dictate to others how to row their boats or get in and row their boats for them, neglecting our own. We might steal another's boat and oars and destroy our own. We may just sit in our boat, fearing that something might overturn it or destroy it. We might fill our boat with too many possessions, making it difficult to row and maneuver, thus forfeiting the journey of growth and purpose. We might compare our boats and oars, to others' boats and oars, fostering competition, and feelings of jealousy, superiority, and inferiority. We may well wonder then, why life is so bewildering.

"Gently down the stream" advises us to surrender defenses, character defects, and addictions, so that we allow the God of our understanding to guide us in divine flow. The Spirit speaks to us gently, subtly, offering support and assistance without interfering with our free will. We are more apt to receive these messages when we are calm, quiet, peaceful and observant. This gentleness and kindness is then shared wherever we go. Alternatively, we might worry that we're not going fast enough, far enough, or not reaching our goals. We may complain that other people undermine our progress. We may become reckless, aggressive, and driven by adrenaline to find what we think we want. We may engage in a chronic battle to row against the stream, or battle with others and their boats, trying to capture or exploit the stream just for ourselves. And when we arrive at a destination, we may focus on what's wrong with the place, and conclude that life is a difficult, uphill battle.

"Merrily, merrily, merrily, merrily" indicates that happiness is created within us. It is the deepest, most natural part of our true self. It nourishes and inspires our journey, and has a ripple effect for everyone around us. It is a journey of wonderment, where we notice the rich physical and mystical aspects of all that we experience. We may believe however, that our happiness depends on reaching certain achievements, and thus we must manage and manipulate all that we can, toward this end. When successes fail to bring any sustainable happiness, we quickly set new ambitions. Or we may blame our boat, our oars, others, or the stream. Instead of merriment, we might experience bitterness, resentment, grief, fear or hopelessness. We may view life as a miserable treadmill of unending effort.

"Life is but a dream" tells us that our higher self is spiritual, our higher home is heavenly, and our purpose is to awaken to eternal truth. If we live in grateful collaboration and faith in our God, holiness permeates our journey. We are amazed at the deeper dimensions of every aspect of life. We feel supported and comforted through challenges and trauma, and offer the same to others. Conversely, if we view life solely from our ego mind, we see ourselves as separate from God, other living beings, the planet, and the nature of life. We are then adversaries of what sustains us, and our focus on selfishness, exploitation, greed, and willfulness cannot fulfill us. Indeed, we are hollow and our lives are hollow, and the pain of that can drive us to addictions and to imposing great harm upon this earth. We may think that life is a rat race, and the one who dies with the most power, prestige, and possessions wins.

Con't Page 22



FAIR HOUSING PROTECTIONS

For Those in Recovery

California and federal fair housing laws prohibit discrimination in housing because of disability.

The definition of disability includes individuals who are in recovery from drug and/or alcohol addiction.

Equal Opportunity in Housing is Your Right!

It is illegal for municipalities, planning or zoning boards, or others involved in local government to refuse to grant an occupancy permit or to enact zoning or other land use restrictions which prohibit the operation of a **recovery or sober living home**.

For more information, contact the

FAIR HOUSING COUNCIL

of the San Fernando Valley

818.373.1185

www.fhcsfv.com





RECOVERY ISN'T PERFECTION; IT'S PROGRESS

"The most dangerous way we sabotage ourselves is by waiting for the perfect moment to begin. Nothing works perfectly the first time, or the first fifty times. Everything has a learning curve. The beginning is just that – a beginning. Surrender your desire to do it flawlessly on the first try. It's not possible. Learn to learn. Learn to fail. Learn to learn from failing. And begin today. Begin now. Stop waiting." - Vironika Tugaleva

Scared to Recover? Scared to Succeed? Last night in a group, several of the men shared how scared they were to try recovery again, because they had failed at their attempts so many times before. When I asked them my usual question at this point, "Were you successful the first time you used IV drugs", many of them looked at me strangely. But many were honest, as well.

They missed the vein and weren't successful. They got sick. They knew it was wrong. However, these "failures" didn't stop them, or me, from getting it right through trial and error.

Learning to Walk in Our Recovery: I then asked them if they would criticize a toddler who stumbled while learning to walk, or if when their children did stumble and fall, did they think, 'Boy this kid will never walk.' These questions usually get me some perplexed looks and the standard, "Of course not. Kids have to learn that stuff, and they're going to fall. They just get back up." It's the same for our recovery.

Just Don't Use: The Only 'Perfect' in my Recovery: The only absolute in my life is – Don't use. That makes it simple for me to follow. When I've reduced my "perfect recovery" to only one rule, "Don't use", I'm not ignoring other aspects that need improving. It simply means that I don't set myself up for a sense of failure when I don't meet expectations of perfection in other aspects of my life, and recovery.

Can I improve and strengthen other aspects of my life? Certainly, and I make an effort to be a better person today than I was yesterday. That sounds so pat and redundant, but simplifying my life makes improving easier. I no longer define how anything "should be", including myself.

Those defined, restricted, perfect descriptions were unattainable. And then I experienced guilt, condemnation, and a sense of failure.

Where Did We Get the "Be Perfect" Message? Where did I get these messages of what perfect was? Some from childhood, some from magazines, and some from people in recovery support meetings. About 20 years ago, I realized that I don't live in my childhood; it's long over. I have never graced a magazine cover. Everyone else, in any recovery support meeting, is not me, even when we relate, so their recovery is theirs, and mine is mine.

Therefore, trying to live up to messages that no longer apply, or vying for a Vogue shoot, or comparing myself to Tom, Dick, Harry, or Suzie were all doomed to fail. And I no longer want to fail; I only want to be the best me.

The 'Best You' is Success: None of us is ever going to mimic all the successes of someone else. The key in this, is the "all". I can match some successes and not others. If the successes are authentic for me, then I've made progress. But if I continue judging my limited successes in some areas, with how perfect other people are, I'll still experience that dreaded sense of failure.

Judge Today, Not Yesterday: As the group started to wind down, I asked each man if he had been successful in learning a recovery lesson for the day. Had they taken any actions to improve their recovery, and had they operated from some spiritual principles that day?

Each man gave me an answer quickly. No hesitation, and initially, no acknowledgment of how each of them had in fact been successful in their recovery for that day. Regardless of past failures, regardless of whether it matched the lessons learned by someone else, or whether they demonstrated humility and someone else operated from diligence; each man improved his recovery.

Then I asked if any had used that day and all said, "No."

I stood up and clapped, and told them how proud I was of their successful day.

Lessons Learned: One man is usually hesitant to talk; he stutters when he is nervous. I knew that when he raised his hand to comment, he was overcoming a fear and not worrying about whether he spoke perfectly or not.

When I nodded to him, he said, "I guess I don't give myself or others the credit they deserve when they make improvements. I'm going to start making progress and quit trying for perfection."

I thanked him and said what a good teacher he was that night. The lesson taught and lesson learned.

Writing, and recovery heals the heart.

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



PAX HOUSE Where Peace Begins

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

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



626-398-3897  PaxHouse.org

**Clean.
Sober.
Ready to Live.**



57 Years, Providing Safe 12-Step Based, Sober Living for Men

Call us today! 818-766-4534



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

Committed to providing services, through the 12 step program that has been successful for many years.

Chandler Lodge, a non-profit, foundation established in 1960 by sober men in the program of Alcoholics Anonymous.

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

www.ChandlerLodge.org • 818-766-4534



Ethical Billing Services for Mental Health and Substance Abuse

Focus on medicine. Focus on patients. Focus on healthcare.

- + Expert Licensed Clinicians attending to all your utilization review needs
- + Fast VOB service with customized reports
- + Reliable Billing with Higher Reimbursements
- + Clinical documentation/medical necessity training
- + Client tailored weekly and monthly Reports

Eliminate all of your in-house billing worries and expenses and experience our "white glove" service with our personal touch.

Call today **(310) 870-1164**
behavioralhealth@nexushs.com



Dear Dr. Nita,

I'm frustrated with my husband. Everything that happens is "poor me" and he acts like such a victim - like he has no part in anything. When I mentioned this to him, he told me that I do the same thing. I'm not 100% sure I agree with him. But, if there's any truth to it, I would like to know what I can do to take personal responsibility for my own stuff?

Thanks, Heather

Dear Heather,

This is a great topic you have brought to the table today! In the world of addiction, you may have heard the concept of blaming other people, places and things for our problems. Your husband and others may be thinking that there are many reasons for not being able to finish things, be successful, find work, or complete tasks in a timely manner. A lot of negative self-talk and excuses may run through someone's mind. This can be like a hamster wheel causing a person to avoid stepping up to the idea of being responsible. If this sounds familiar, read on for some solutions.

In the process of getting clean and sober, we are constantly re-evaluating and changing our lives; revising our values and character. As a result, we hopefully begin to assume responsibility for ourselves, in all aspects.

Let's talk about what coming out of victim hood, and accepting responsibility for oneself really means. First, check in with your belief system. For instance, if you believe that things just happen outside of you and you have no control, then you probably won't be very motivated to take control and direct your life so that you receive a more satisfying outcome.

If you or someone you know has low self-esteem, or lacks confidence it is time to let those go (it's okay to get counseling to help with this)!

Here are some steps to begin:

1) Appreciation and gratitude - Make a daily gratitude list and begin with 3-5 items, adding to it as you become inspired throughout the day.

2) Stop comparing yourself to others. There will always be someone who is better off than you, and those who are worse off. Let go of the comparison games as they only lead to negative and "victim" thinking.

3) Pay attention to your words - notice how you speak to others - are you blaming sources outside of yourself if things don't go your way, or taking responsibility? Ask those close to you for truthful feedback, so you can make adjustments. Once you become aware of something, you can change it!

4) Your life counts! We're all born on our unique path, with a purpose, and gifts to develop dreams, plans, and goals. Honor yourself by staying on track, and take seriously the honest feedback from the people close to you. Learn to make better choices for yourself.

5) Tune in to your thoughts. If your thoughts are bringing you down, change them to more loving, positive and supportive thoughts. Honor yourself by being kinder, and lightening up on self-deprecating or critical thoughts.

6) Forgiveness; if you slip into old habits or victim thinking, forgive yourself and move on. We forgive others so easily at times, but why not ourselves? No one is perfect - let yourself off the hook if you have a slip. Nip that negativity in the bud, and re-focus on the positive.

7) Self-care and self-love - Take care of your physical health, take time for yourself and let go of toxic people in your life. Put yourself first and learn to create a life you love. I want you to look forward to getting up in the morning, knowing your choices are leading you to a happier more fulfilling life, as you go through your day.

"In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility." - Eleanor Roosevelt

Stay strong and keep growing!

Dr. Nita

You can hear Dr Nita on the radio at 1:00 pm on Tuesdays on 90.7 KPFK Los Angeles. The program is "Inner Vision" and focuses on health, spirituality and well being. Write to her at DoctorNita@gmail.com with your questions



Structured Sober Living / Santa Monica, CA

Welcome to the HAUS, where you'll feel safe, grounded, and accepted. Our program is based on a sincere belief that it is possible to attain your full potential.



CALL 888-551-4715
www.HAUSrecovery.com



by: Bianca Konstantinidis, LMFT

SHARING YOUR PERSONAL RECOVERY?

I was working with a client, and they asked if I have ever struggled with an eating disorder. Should I tell them I have? What should I share? My entire story? Years ago, I recall this question being asked by a former colleague. These were my green days as a therapist. I associate my green days with wanting to save the world and console everyone. That specific day, I acknowledged my colleague's strength in asking a room full of professionals for guidance. Unfortunately, the esteemed lecturer was frazzled and unaware of how to answer the question in a room filled with curiosity. The answer was point blank, "no". Without explanation I recall the therapist following the instruction like a good student.

It's a difficult question however worth an explanation and discussion. Let me be direct, in saying I support both sides. I am always working towards the best interest in the client. When my staff or colleagues ask my thoughts on the topic, I usually ask for their thought process in not disclosing or disclosing. I ask if it will be more helpful or harmful for the client. I am also curious on their personal definition of recovery and their own personal recovery. I want the individual to be clear in their intent and aware of their own recovery. There is power in someone sharing their narrative; however one should be prepared for the questions to follow.

"When you stand and share your story in an empowering way, your story will heal you and your story will heal somebody else."
 — Iyanla Vanzant

I have been on both sides of a therapy room. I know them both well and I'm comfortable on both sides. I challenge professionals to expand their comfort and sit on other side as well. My personal experience and preference is not to share my story. I do this with purpose and intent. I recall having a female teenager of Hispanic descent. She discussed the struggle with her eating disorder. She went into depth of how in her culture this was "not a thing." Everyone reaches a point in therapy, regardless of what side of the chair you are on, to have a spiritual awakening. This was an opportunity that every therapist dreams, wishes, and sits on the edge of their seat for. I could have taken the opportunity to discuss my story and fill the space with my background.

We could have related and been connected by both of our realities. I took the challenging option (as I do with most things in my life). I took the opportunity to focus on the clients emotional, cultural, and personal experience. It took us to the place of her identifying the shame, embarrassment, and anger she felt. Perhaps we could have reached that place as well if I shared my story. I honor and cherish everyone's narrative. I highlight to my clients and staff that they are their own writers/creators of their story, including the hero of their own narrative. Take a moment to reflect about how you would respond if asked about your recovery (if you have struggled with an eating disorder or if you haven't) how would you assess for the client's readiness or most importantly your readiness?

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.



A Kool Living Company

FOOTPRINTS

BEHAVIORAL HEALTH

YOUR FIRST STEP TO RECOVERY

Starts Here

Levels of Care

- Detox
- Residential Treatment
- Day Treatment
- Intensive Outpatient

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

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



**The Joint Commission
Gold Seal of Approval**

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

866-921-8893

FootPrints BHC
 info@footprintsbhc.com
 www.footprintsbhc.com

Meeting Chips - Medallions - Medallion Holders - Plaques

Sober Water- Mints - Candles - Meeting Coffee - Mugs - Greeting cards

T-Shirts - Hoodies - Tank Tops - Hats - Keychains - Books - Book covers



MY 12 STEP STORE.COM

Recovery gifts InStyle!

got 12

WE SHIP TO THE WORLD!

visit us online or in-store

My 12 Step Store
 8730 SANTA MONICA BLVD
 WEST HOLLYWOOD CA 90069
 310 623 1702



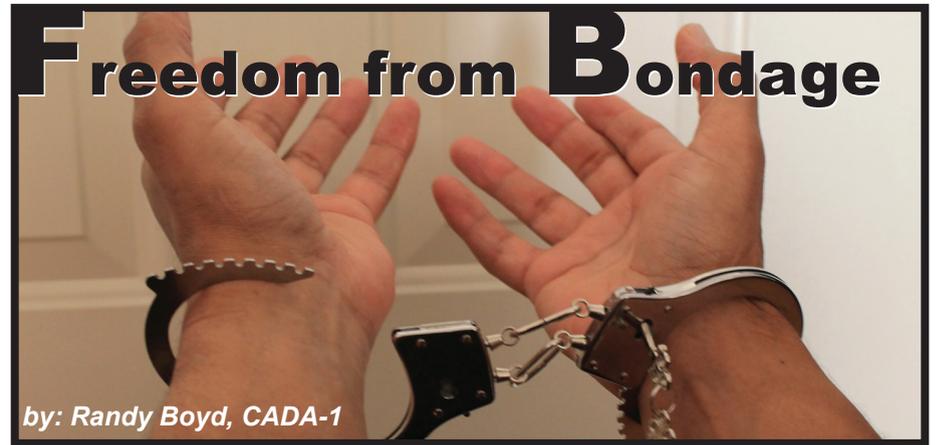
- Gold Jewelry - Silver Jewelry - God Boxes - Journals - CDs -

you can
SET HER FREE
 FROM *sexual exploitation*



Destiny Rescue
rescuing children
 destinyrescue.org

Freedom from Bondage



by: Randy Boyd, CADA-1

UNCOVER TO DISCOVER

When I walked into the world of recovery just over eleven years ago, my understanding of sobriety, meant that we just do not drink or use no matter what. I didn't know anything about doing the steps or how my life could change. But what I was seeing was a lot of people who were not drinking or using, yet their lives were still in shambles. I would hear things like, "Hey I'm not drinking or using, what else do you want out of me". Or, "My life is far worse off today than it was when I was drinking, therefore I might as well go ahead and drink". I became very confused with this, as I wanted a better life for myself.

Then I got my sponsor, and he explained to me, that there was a difference between sobriety and recovery. Let me clarify at this point that there are several definitions of both sobriety and recovery. What is in this writing is what I have come to understand the two to mean. He explained to me that a lot of people are "sober", but not recovered. Recovery involves uncovering and discovering. On page 64 of the Big Book of Alcoholics Anonymous it says this, "Our liquor was but a symptom. So we had to get down to causes and conditions". This is the "uncover and discover" portion of recovery. I asked my sponsors and mentors what exactly it was that I was going to discover. Their answer was two things; the underlying root issues that had caused me to start drinking and continue to drink, as well as discovering my authentic self. The self God had created me to be.

For the first time in my life, someone had allowed me to talk about my feelings and fears without judgment or being shut down. I was listened to with empathy and understanding. Because my sponsors and mentors did not tell me to get over it or to forgive, forget and move on, I became willing to do the deep work to discover who I really was. For thirty-eight years I lived as a victim of emotional, physical, spiritual and sexual abuse. I would pull my victim card every chance I had, telling people, if what happened to me happened to you, you'd be drinking and acting this way as well. Simply put, I was drinking because I was a victim. I had a lot of work to do.

For thirty-eight years I let what happened to me define me. I was full of self-doubt, low-self esteem and low-self worth. Yet on the outside looking in, I appeared to have it all together. I was successful in business, had a nice home, beautiful wife and children, drove nice cars and traveled all over the states, and world. Yet inside I was dying. In fact, my friends would look at me and ask me what was wrong with me, why was I so miserable and angry?

As my journey in recovery progressed, and more of the onion was being peeled back, I realized that I had no idea who I was. In Don Miguel Ruiz's book – The Four Agreements – he talks about the "domestication of self," how before we are born our parents have decided how our life will turn out for us. What our name will be, what church we will go to, what religion we will follow, what schools we go to and what career path we will take. For many of us we had absolutely no say in any of it. I was one of those boys.

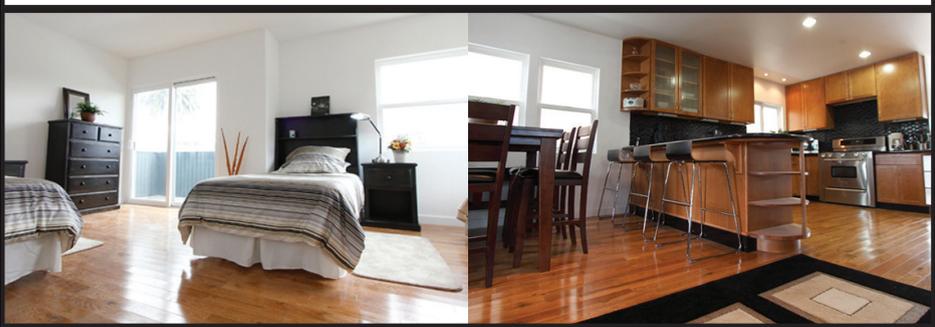
I had an idea who I was in life as a man. My parents immediately blocked every path I started to walk down, that did not align with their plan for me. All I could identify with was my abuse. As life went on I started looking around at the people I associated with, of which most were successful entrepreneurs, so I began imitating their lives. I wanted what many of them had, so I did what they did. I worked hard like they did, spent money like they did, drank and did drugs like they did and, had an affair like they did. I even became successful like they did. All I wanted was to fit in and be accepted. But I was losing myself.

In my recovery process and with the help of my sponsors/mentors, I began to see where I had sacrificed my true self at any cost just to fit in, and my transformation began. I was feeling real good about who I was becoming as a man. My self-confidence and self-esteem/worth was coming back. I was discovering who Randy really was.

Con't Page 22



www.AdvancedHouseSoberLiving.com



Located in Beautiful Venice Beach, California

If you want to start your journey today give us a call

310.450.7194

ADVANCED HOUSE SOBER LIVING  Men's Sober Living Creating Alumni



FALLING IN THE UNAVAILABILITY TRAP

Are you tired of being in relationships with people who end up being completely unavailable? We hear you! In early recovery that could even be a sponsor who is not as available to you as you may need them to be. It could be family members that love you, but don't quite understand your needs. This is one of the common complaints, and concerns that a lot of people have when it comes to partnerships. If you are feeling this way, in any kind of relationship you are in, you are not alone - yet; you are alone, because this limiting belief that it's the other person's fault is what is keeping you out of a long-lasting intimate partnership.

Here's the deal; water seeks its own level. What that means is that available people do not attract unavailable people. Unavailable people attract unavailable people. It is easy to hide behind the illusion that the problem is them - rather than assuming responsibility, and owning the fact that we are petrified of real intimacy. This is the issue. Your problem is not "out there" somewhere. Our own fear is the source of our troubles.

The Big Book of Alcoholics Anonymous states "Selfishness - self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self, which later placed us in a position to be hurt...So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so."

This paragraph is so powerful. It suggests that WE are the makers of our own troubles. That it is our own self-will run riot that is wreaking havoc in our lives. That we are driven by fear and creating our hurts, because our actions are coming from a place that is fueled by self-seeking.

In a world that can lend itself to self promotion, and self seeking behaviors on social media sites such as Facebook, Instagram, Snapchat, and many other amazing forms of communication, it can also come with a warped sense of self. It can create an illusion of being available and open, but it's only a version of self. A controlled and constructed version that we set up carefully.

How do we become fully available and open you ask? It begins with having a much stronger, richer, deeper relationship to self. We become available to ourselves first. We slow down and look for what has been driving us. We examine what our motives have been, and how we have used others, social media, or anything outside of ourselves to fill a void within us, that has left us more empty. The 12 steps are a brilliant method to get clear about the underlying fears that have been running the show. The steps also offer an opportunity to make it right, and clean up the past through the process of amends. We both worked the steps in this area of sex and love, and the results were extraordinary. Profound transformation occurred, and in this process we each learned how to meet our own needs before attempting to be in partnership.

Thank God! Our partnership has been one of real intimacy, authenticity, vulnerability, and availability. It has not been perfect, nor easy - it has been terribly painful at times and very messy - however, it has been worth it. Something unexpected came as a result of becoming so available within our partnership. We became more available in the world, and to fulfill our purpose in the process. In the experience of availability came connection to the deepest parts of our being. In nurturing these, we healed and have become more free.

We cannot force others to be available, and in attempting to do so it keeps us in the trap of being unavailable ourselves. By chasing what will never be, we miss what is right in front of us. In every moment there is an availability to connect to someone, something, someplace. It's in our self-seeking, remember that is the root of our troubles. In each moment of your life you can be in the presence of a connection to love, in the many forms it can show itself. A baby smiling, the wind against your cheek, a butterfly flapping freely, expressing its power of transformation, the list is endless, what matters is perception. Are you available to see it?

In making this our practice, we naturally become available and will attract another person who is also available. Actually, we begin to attract many healthy loving relationships of all sorts. Friendships, business and career relationships, people to be of service to. Your life will be rich with available people. Remember, we attract what we are, not what we want. So are you available to yourself in a loving grateful way? If not, we suggest you to make that your practice starting today.

Love only, Rudy and Kelly Castro.



Rudy is a therapist, and Kelly is a Certified Relationship Coach. Together they have worked with many individuals and couples in creating soul transformation through partnership. They are experts in creating intimacy and vulnerability, and coaching people into the partnerships of their dreams. Conscious Partnership Coaching www.consciouspartnershipcoaching.com



Phoenix House

Phoenix House is helping people with substance use disorder live a better life.

We continually strive to achieve positive outcomes and to lead our patients towards living a healthy, active, and purposeful life, free from addiction.

We have a broad range of CARF-accredited programs for men, women, and teens that incorporate mental health, gender-specific, and trauma-informed services to those in need.

We are an in-network provider for most major insurance carriers, HMOs, and managed care providers.

To speak to an admissions counselor call 818-616-3100

Lake View Terrace

- Teen Residential
- Teen Outpatient and Intensive Outpatient

Santa Ana - Behavioral Health

- Intervention and Support Services
- Prevention

Santa Ana

- Adult Residential
- Adult Outpatient

Venice Beach

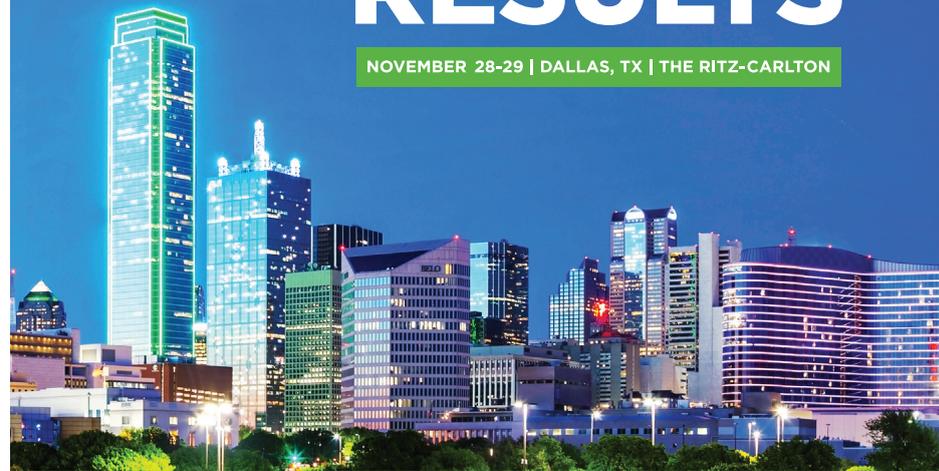
- Residential for Men

phoenixhouse.org

fe 2017

RECOVERY RESULTS

NOVEMBER 28-29 | DALLAS, TX | THE RITZ-CARLTON



Recovery Results is a conference about meeting individuals where they are and finding ways that will help them stay substance-free and mentally healthy for a lifetime.

For registration and more information, visit FoundationsEvents.com



THERAPIST



#LNR 580311

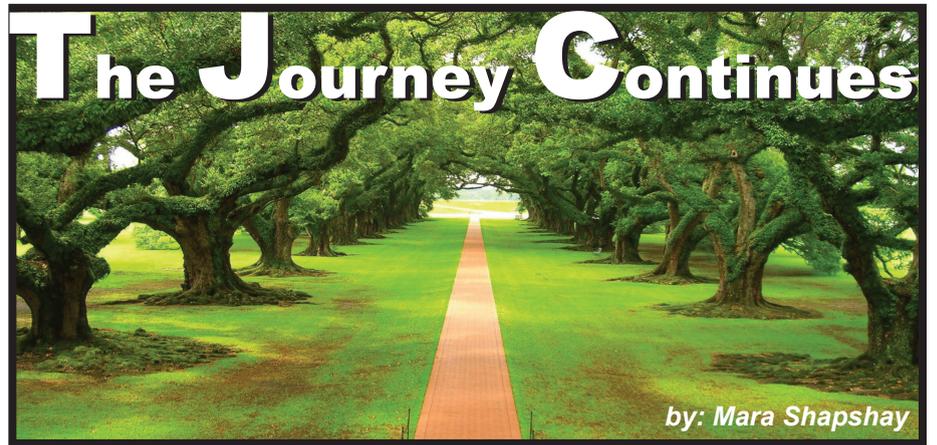
Sam S. Usher
LAADC, CADC II, CEAP

ADDICTIONS CONSULTANTS
FOR INDIVIDUALS,
PROGRAMS
& EMPLOYERS

Call Now (818) 988-4183

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

5724 Stansbury Avenue
Sherman Oaks, California 91401



SAVING ME SOFTLY WITH HIS SONGS

Rock to Recovery is saving lives one song at a time. I wish to God, Rock to Recovery, a musical therapy program, founded by former Korn guitarist, Wes Geer, in 2012, was around when I was in rehab! It would have been so awesome to have rock stars visit me in rehab, instead of a Mary Kay beautician who gave me a French prostitute makeover. What I'm saying is that Rock to Recovery fills a major void in recovery treatment, with its cool musical therapy approach.

Wes Geer describes how the program works: "We come to a treatment facility and form a band with the clients. We bring all the gear, and have a topic of discussion finding our common ground in life and struggles, recovery, and its challenges. We use those answers for lyrics, and help the band mates write lyrics, music and melody. We get 'non-musicians' all singing and playing the song. We record it at the end of the session. The magic is the effect the energy of playing music and singing our song written by us, for us, together. Connecting. And having it to listen to, forever, and share."

The response has been overwhelming and Rock to Recovery has grown! They now have 10 full time staffers and they take their program into 70 plus rehabs, doing over 400 sessions each month. That means that over 400 new songs are written and performed each month, with those struggling in recovery.

They have a for profit entity where they charge higher end rehabs for their services, and this funds their non-profit entity. The non-profit donates sessions to the Department of Defense, working with wounded warriors of the Air Force and U.S. Army, as well as working regularly with the U.S. Department of Veterans Affairs. The musical therapy works well with addiction, PTSD and other mental illnesses.

If you go on to the Rock to Recovery website you will see quotes from many of those the program has helped. One client wrote: "I wanted to leave treatment, but told myself, 'If I can just make it to Rock to Recovery I'll be ok.'"

Music has the power to heal and also for those struggling in early sobriety, and with mental illness, a way to express their emotions. I don't know about you, but when I was new in sobriety my emotions were like a Rubix Cube, all jumbled and impossible to figure out. Which is why this musical therapy is working really well to bring out repressed emotions. Another happy client wrote:

"Rock to Recovery lets me get the emotions out I've struggled with my whole life."

Wes knows about struggling with addiction. He can relate to his clients completely because he's been there. Wes had hit a molten lava bottom himself, and now has over 10 years clean and sober. He was very honest with me, and told me about his sexual abuse growing up, along with his heavy drug and alcohol use. He knew very young that he was bodily and mentally different from his fellows.

"From an early age while "partying," my friends singled me out as taking it too far". He said.

He also told me that he was often overwhelmed by this "darkness", or depression that went hand in hand with his drug and alcohol addiction. We all know that darkness well if we are in recovery.

It's that same blackness, or mental health and addiction issues, that claimed the lives of Chris Cornell and Chester Bennington. Their deaths brought to the forefront the need to treat mental illness AND addiction together, which is what Wes' form of musical therapy, does. Wes has lofty dreams for his organization.

"Our dream is to help more hurting people with the uplifting and powerful force of music. The Rock to Recovery events are to support the recovery community, and a lot of people come who are newly sober or battling depression, or mental health. We say that music is the medicine and people should be prescribed more music, and less drugs."

Speaking of events, not only is Wes busy with the musical therapy, but Rock to Recovery also puts on great shows. This year at the Fonda they had an incredible rock show (9/16/17), featuring Matt Sorum (Guns n Roses, The Cult, Velvet Revolver), Franky Perez (Apocalyptica, Scars On Broadway), Steve Stevens (Billy Idol), Robert Deleo (Stone Temple Pilots) and they honored Corey Taylor (Slipknot, Stone Sour), and Wayne Kramer (MCS).

I have no doubt that Rock to Recovery will continue to have more sold out benefit shows, and continue to bring their musical therapy into more and more treatment centers. They may even go international!

It is truly Wes' purpose in life to give hope to the hopeless through music. Rock on with your bad self, Wes. Please continue to save lives softly or with jamming force, one precious song at a time.

Mara Shapshay is an award winning writer, mental health awareness advocate, events producer, baker and stand-up comedian. She writes for LA Magazine, The Huffington Post, The Hollywood Journal, The Fix.com and the Jewish Journal. She is currently developing her webseries, Stand-Up Kitchen. www.marashapshay.com - @marashapshay (Twitter), Mara, Shapshay (Facebook), mshapshaycomicbaker (Instagram)

Dawn Pessa, M.A., M.F.T.
Marriage & Family Therapist, License# 45142

Specializing in the Treatment of

Addiction, Trauma,
Depression &
Anxiety

Offices in Torrance
& Santa Monica

www.DawnPessaTherapy.com

Call (310) 430-3327



Box Ad \$100
per Month
When your
budget is limited...
your exposure
SHOULDN'T BE!



MARY COOK

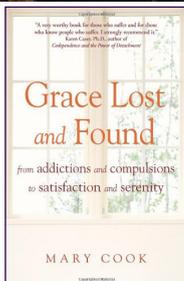
ADDICTION SPECIALIST COUNSELOR

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

40 Years of Experience

310-517-0825

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



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

WWW.MARYCOOKMA.COM

email: MaryCookMA@att.net



A FINAL GOODBYE - Part 1

Dear Gambling Addiction,

It has been some time now since we have been together. There has been no contact between the two of us now for 10 plus years. So I thought it was time for a final goodbye, but first let's catch up on the years we have been apart, and this will be my last contact with you as my recovery has been going well for me all these years. Yes, you have crossed my mind in those early years, but I never dared to bring myself to tell you that it was time for "A Final Goodbye" forever. It stings for this to be so final. Like a loss or death. This time it is your suicide and funeral and not mine, as my two failed suicides were enough for me. YES, we have drifted apart, so this shouldn't be a surprise or difficult for either of us to finally be silent, and released from each other.

We have been through so much together. And most of that time was not a party, or a fun experience. Yes, we shared some good times in our early gambling years, but that ended up turning deadly for me. Many of those bad memories are pretty tough to forget. I just could not deny, or see how you began to HURT me in our friendship and then love affair. I didn't understand how in middle to the end of our breakup, that you could be so mean, hurtful, and hateful to me. WHY? Don't you remember the times you had me fooled thinking what I was doing in my gambling addiction was OK? That I was entitled because of all the pain and hurt from my traumatic childhood?

So much so I tried to kill myself twice because of you! You want me to go THERE? Why don't we start around the time we first met. We had seen each other around a little, once for my 21st birthday in Las Vegas, then in Reno once a year with my girls, or at the Indian Casino 40 miles from my home once every two to three months. But where did we get to know each other well? Most were at all the "Oregon State Lottery Retail" stores opening up everywhere! It was where you and 5 of your video poker machine buddies seemed to be each time we ran into each other. I began to like you a lot and not be able to stay away from you. It was if you had all the control and I just went along with it. That was my downfall. Then, I began to go to the Indian Casinos too!

But, I started seeing your shiny video lottery signs outside all the bars and taverns around town, lottery retail stores with poker and slot video machines, and even in most of the restaurants where hubby and I would go to eat. OH PLEASE, I knew you were always mad or jealous of my husband the first time you saw us together. I never understood why you didn't like Tom, and why you were HELL BENT to do anything to break our marriage apart! Well, I guess most was my fault as I fell "head over heels" in love with YOU dear video and slot machines. You turned out to be the best part of each day. I longed for you like a lover.

I know it was YOU who was always calling for me when I was tired, bored, lonely, angry or had too much time on my hands, too much alcohol, and when Tom worked out-of-town those few years, you kept me high, and we had such FUN! That's when you and I got to know each other intimately, and we spent many, many hours together. It was like you loved me so much that all I could see and think of was you. You listened to what I said, knew how I was feeling. You made me feel wanted and special. That is when I would win a lot of money and boy you were generous.

Then, when my husband came home and not working out of town, to be able to spend more time with you, I begin to lie about where I was all the time. I began to see you before, during, and after work. Then, toward the end of our friendship, you became more greedy and started to cost me a fortune in wasted money, taking more of my time from life, friends, then the jobs lost, our home, even pawning my jewelry and more! Need I go on? As time went by, you weren't generous with big wins anymore, and when the money ran out, you became like a dangerous love drug; I couldn't stop!

THEN? I thought about recovery for the first time; you began just to take and take from me. A month, then another month until I had nothing left to give. I was in a dark, hopeless place.

THE MADNESS and INSANITY HAD TO STOP!

I can still remember the days when you taught me about trying to control my gambling, and you also taught me about denial of having a problem, to blame others You used entitlement to make me believe it is easier to keep gambling than trying to stop, and accept recovery. Your sick so-called 'friendship' had me dripping with shame, guilt, and embarrassment. You had stripped me of self-worth, self-esteem and sucked much of my life from me. So much so, when I looked at myself in the mirror, I only saw an empty shell of a woman that used to be so fun, humorous, loving, vibrant, and beautiful inside and out...Next Month Part Two - "A Final Goodbye"

If you think you, or someone you love, might have a problem, I would recommend visiting my friends at "The National Council on Problem Gambling and Gamblers Anonymous", for support and resources for a good start and direction. "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



Casa Nuevo Vida
SOBER LIVING



Quality Sober
Living Homes
for Men &
Women



Providing a
Solid Foundation
& Keys to a
New Life

Homes in
Cheviot Hills,
Culver City
& Playa Del Rey

call 888.390.6229

www.CasaNuevoVida.com



A friend and ally of the music community

MusiCares® offers confidential preventative, recovery, and emergency programs to address financial, medical, and personal health issues.

If you or any music people you know are ever in need,
please reach out.

East Region
877.303.6962

South Region
877.626.2748

West Region
800.687.4227

musicares.org



by: Dr. Anderson Spickard, Jr.

Dying for a Drink: What You Should Know About Alcoholism, sits at one end of my bookshelf and, *The Craving Brain: Science, Spirituality and the Road to Recovery*, sits at the other. Both have my name on the cover and that of my co-author, the extraordinary Barbara Thompson, a professional writer who shapes my words and refines my ideas and teaches me about the writing life. The last book had an additional co-author, a man whose very presence is a manifestation of what it truly means to seek a spiritual solution. James B. is in recovery from drugs and alcohol, and the self-loathing that comes with it. His work with the 12 Steps has given a whole new meaning to my understanding of them. Barbara and I thought that it was important to show the craving and recovering brain in action, so to speak. I just had no idea of how much spirit in action he would bring. Because of what he's taught me, I've found a way to connect with a group of men living their addictions out on the streets. During our weekly meetings at a homeless shelter we work on the steps, and they get more and more willing. It constantly amazes me how one person's recovery can change the world of someone else.

I know that there is some debate about the efficacy of Twelve Step participation. I will say that at 86 years old, I have come to know well the subtle variations that can exist among a group when it comes to their actual participation in something; whether it be a marriage, an education, or an employment. There is "showing up" and then there is "owning up". It is the challenge that the 12 Steps presents to live life more honestly, that keeps me and so many others researching and reaching.

Writing books in collaboration with my co-authors, both of whom live hundreds of miles away, has shown me that more is possible than I would often imagine. This in particular though shouldn't have been a surprise. While it may be our names on the books, if you look closer you will see that the real author was, and is, our Higher Power.

Stacked between my book titles are the stories of people struggling with addiction, and my struggle to help them for

four decades. There were some who died from their disease, their bodies ravaged by the effects of their obsession with their substance companion, and the imprisonment of their spirits held hostage by that misunderstood friend turned warden. And there were some who not only got free, but showed me how to help free others. Never has the one I call the Holy Spirit been more revealed to me, than in this work I know that I was called to do.

“I'd begun to understand the nature and nurture of addiction, and the power of healing from it found in God as I understood Him.”

My first book *Dying for a Drink* came out at a time when there was not much else written for the general public about addiction to alcohol, and recovery from it. Alcoholism in the early 1980's was talked about as a weakness of willpower, or an allergy to alcohol. In the medical school where I trained and taught, it was called a bad habit. None of the research on the brain we have now, confirming that it was a brain disease, had been finished by then, so alcoholism was left to be treated with detoxification and a "talking to". Detoxification for the craving, and "talking to" for the belligerence, minimization, rationalization, dishonesty and a host of other behaviors well known to all, who have had experiences with the uncontrolled drunken behavior of another person.

Even though I witnessed relapse after tragic relapse, all I knew at the time led me to believe that as a physician, I was providing the only care available. The field of addiction medicine was not yet formally recognized, and I had absolutely no idea that I would one day become a certified addictionologist. I took my first step on that journey the night I fell to my knees, from the weight of hearing that my good friend, colleague and patient had taken his own life, during a bout of excessive drinking trying to recover from his depression over addiction to alcohol. I came face to face with how little knowledge I really had of addiction treatment, and that my medical school wasn't addressing the issue. I wanted to change that deficiency. I knew that I had to do something to learn how to better fight this thing, that had taken someone who was so much a part of my life.

A childhood friend who had become a highly respected psychiatrist, and author deeply involved in the field of family therapy was one I reached out to. His work on the value of intervention in addressing an alcoholic's denial, and the roles family members adopt in the chaos of the alcoholic's family, had engaged him with thinkers across the country. At his advice, I set out for Minneapolis, Minnesota, to observe the Minnesota model for treatment at St. Mary's rehabilitation center. There I was introduced to small group therapy, family therapy and the roles family members take, as they struggle with the behaviors of their alcoholic loved one. I saw physical, mental, emotional and spiritual treatment in action. And I saw the start of recovery without knowing what it was. By the end of my stay, I wanted desperately to share my findings and improve the training of medical students at my school and others. In much of medical training, doctors are taught to rely on themselves, seek most of all their own counsel and work independently. What I learned at St. Mary's was going to challenge not only my own way of practicing, but ultimately others' around me. I'd begun to understand the nature and nurture of addiction, and the power of healing from it found in God as I understood Him.

I returned home palpating with hope. I immediately offered an elective for medical, nursing and divinity students. The response was inspiring. More people wanted and needed to know about how to help those struggling with addiction, than I had ever known. Patients at various stages of addiction would come from time to time to my class and share their stories. Differences as well as commonalities between their experiences would present themselves, and the students and I would be able to discuss the realities of addiction in a whole new way.

I believed next that a program similar to St. Mary's could be organized where I worked, and become a treatment unit for patients on the medical and surgical wards of the hospital, and the emergency room. The hospital administration thankfully agreed with me, and in 1983 the Vanderbilt Institute for Treatment of Addiction (VITA) was opened by the honoraries Johnnie and June Cash. The VITA team began by treating alcoholic patients, and before long patients with drug abuse (opioids, valium, xanax, cocaine, etc.) What I saw, and heard and felt and learned at VITA was the greatest education I could have ever hoped for. I knew that the Higher Power I had heard about, the Holy Spirit I knew personally, had made this all possible. Everyday since I have been grateful. Involvement with over 1000 patients in the first five years alone, deeply illuminated for me the range of human experience tied up with lives tormented by addiction. In my 40 years of medical practice, few experiences have had the resurrection quality equal to that of watching alcoholics and drug addicts, and their families leave behind the living death of addiction. It has never been lost on me that Vita in Latin is translated in English as Life.

Soon after opening VITA, it became apparent that the lessons learned about alcoholism and drug addiction should be summarized in a book. Barbara and I began the long journey of conference calls to review the important understandings I was accumulating, and that both of us gleaned from others who were beginning to write on the subject. In less than 200 pages, *Dying for a Drink* covered so much. From differentiating between abuse and addiction, to sharing an alcoholic's partner's point of view to giving tools for intervention, it became a "bible" of sorts for those looking for help. It was ultimately translated into 7 languages and Braille, all brought about because of individuals' efforts, not my publisher's, which reminded me that its reach was out of my hands and in God's.

Over the years as understanding of the nature of alcoholism's effect on families, and families' effect on the one addicted to alcohol emerged in the treatment room and in the literature, the need for a second edition emerged with them. In 2005, we added more and changed the title to *Dying for A Drink: What Every Alcoholic and Their Family Should Know about Alcoholism*. This felt like a big step forward.

People have long told me that they liked the title *Dying for a Drink*, and how they could relate to it. The more I have worked with those suffering from addiction, the more I have understood what they meant.

A publicist that I recently hired to help me with my latest book, introduced me to some powerful words by author Geneen Roth who describes suffering with an addiction as "dying before you die." Kendall has also shared with me her own passion for mindfulness practice, and her earlier career experience as a clinical social worker in the most desperate parts of our city. Our collaboration has shown me how my Higher Power has never stopped working things for good in my life, that were started long ago.

Back in 1985 when *Dying for a Drink* was first published, I included a letter I had written to an alcoholic patient, alerting him to the inherited potential of alcohol addiction in his grandchildren who were then entering college. I decided to include it (with permission and anonymity for the family of course) as a conversation starter for readers who wanted a way to talk with loved ones. More than thirty years later when Barbara and I wrote *The Craving Brain: Science, Spirituality and the Road to Recovery*, I was told by my next door neighbor whose book blog is read all across the county that I should hire a literary promotion firm. Trusting her opinion, I called the one she recommended and a meeting was scheduled to discuss the possibility of working together. The day arrived and in walked a woman in her early fifties smiling with eyes to match. She took my hand and introduced herself as the granddaughter of my patient, the one I had written the letter for. Her grandfather had shared it with his grandchildren. She had read it and kept it. She thanked me for letting her know at such a vulnerable age the risk factors she had for developing an addiction to alcohol. Knowing this had let her find a way to keep herself safe and come to sit before me safe, and sound, and hired.

So far, we have arranged for book talks and lectures, started a collaboration with post-doctoral students working in a lab, looking for molecular answers to the questions addiction poses to the scientific mind, crafted pieces for my blog and other publications, including this one. Like with far too many others to mention by name, I believe that she and I were called to work together, and that the alchemy of our own talents and intentions has been in the service of service. The gift and responsibility of carrying the message, have deepened our understandings of the spiritual solution for our own non-alcoholic lives. Rabbi Rami Shapiro, a man in recovery himself and a prolific writer, says that he believes that every person in America needs a twelve step program, because we are all addicted to the illusion of control. Indeed, I have never met a person who has surrendered their will over to the care of God, as he or she understands God, that has not found more peace.

Each day that passes strengthens my faith, that the Holy Spirit touched me as a young man, through the death of my father by lightening, and lit a fire in me for the medical profession and its enlivening Hippocratic oath. I have come to know that to do no harm is one thing, and heal is another altogether. I believe that healing is the highest intention of being a doctor. Of course, I am not the healer. The Holy Spirit is, through the work of millions who have come before me.

PURE RECOVERY CALIFORNIA
www.PureRecoveryCA.com

LEADING WITH ADVANCED NEUROSCIENCE IN THE HOLISTIC TREATMENT OF ADDICTION, CONCUSSION, DEPRESSION AND ANXIETY

CHANNEL ISLAND DOCK FACILITY FEATURES:
 WATER TAXI TO IOP OFFICES DAILY
 PRIVATE SUITES WITH WATER VIEWS

Recovery is just a phone call away
800.714.0340

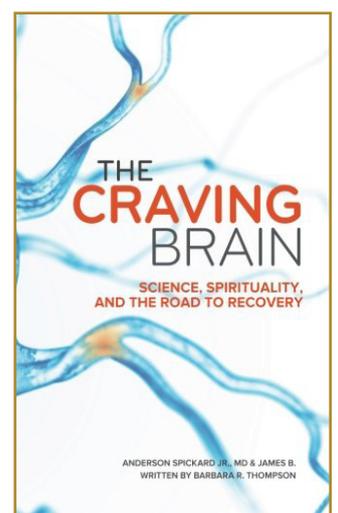
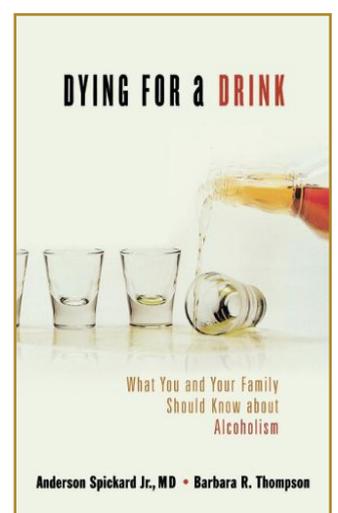
We accept most PPO insurance plans and Out of State PPO Plans

I just had no idea that by being willing to be led down the path of working with those suffering with addiction, that I would also get healing. From *Dying for a Drink: What Everyone Should Know about Alcoholism*, to *The Craving Brain: Science, Spirituality and the Road to Recovery*, and every step in between I have been healed. My prayer as I embrace the truth of an aging body that needs more rest, is that others will feel the guiding hand towards this path in whatever way is meant for them, and walk it. We need you and we need you now.

A high school classmate of mine recently died. At the memorial service his daughter told a story about her father, and reminded people that he was known for saying, "it's not who you know, it's how you know them." I think that the very same thing can be said about the spiritual journey. The science of "what you put into it and what you get out of it", can only take us so far right now. As I retire, I know more than ever that there is room for faith, and there is a need for it.

It is challenging to be asked to write about your own book. It's not easy to be positively grateful without sounding boastful. And I am positively grateful beyond measure for *Dying for a Drink*, and all the work that came before and after it. It has led me to places that I can't imagine not having gone. As for the boastful part, lucky for me, I can point to Barbara and the Holy Spirit as my co-authors.

Dr. Anderson Spickard, Jr., emeritus professor of medicine and psychiatry at Vanderbilt University Medical Center and recognized expert in substance abuse, brings over 45 years of experience in internal medicine and addictionology to his talks and writings. His first book, Dying for a Drink: What You and Your Family Should Know About Alcoholism, is a classic resource that has been translated into seven languages. To contact the author directly, write to william.a.spickard-jr@vanderbilt.edu or Please visit <http://thecravingbrain.com>, where new blog pieces are added regularly and The Craving Brain Facebook page: www.facebook.com/Thecravingbrain, where your own experiences and insights can be shared. Both, Dying for a Drink: What You and Your Family Should Know About Alcoholism, and The Craving Brain may be purchased at: www.Amazon.com



THIS IS MY BRAVE presents...
THE RESISTANCE
 VARIETY SHOW
TUESDAY NOVEMBER 7TH - 8:00 PM **THE COMEDY STORE**
 8433 SUNSET BLVD, LOS ANGELES, CA 90069

COMICS
Ed Crasnick
 Emmy Winning Writer,
 Curb Your Enthusiasm,
 Hot In Cleveland
Lisa Sundstedt
 Founder of Pretty Funny Women, Chelsea Lately
Melanie Vesey
 Man On the Moon, Comedy Store
Ant
 Last Comic Standing,
 Tonight Show, Celebrity Fit Club
**Plus two special
 celebrity guests!!**

SPOKEN WORD
Jerry Quickley
 Poet/Writer, KPDK Radio show Host, Def Poetry Jam,
 The Philip Glass Center

MUSIC
Peter DiStefano
 Porno for Pyros
ROCK TO RECOVERY
 Members of Korn & Slipknot

HOST
Mara Shapshay
 Stand-Up Comic and Writer LA Magazine, Glamour
 Magazine, Huffington Post & creator of Stand Up Kitchen

GUEST
Dr. Cali Estes
 Addiction Specialist

Join the resistance - Help us fight to end the stigma against
 mental illness and addiction - A tribute to Carrie Fisher with
 musical tribute to Chester Bennington and Chris Cornell

ORDER TICKETS:
<http://bit.ly/TIMB-LA>

TICKETS
\$20 ADVANCE
\$25 DOOR

ALL PROCEEDS go to:
this is my
BRAVE

the You Rock Foundation

Any questions please email: timbnov7show@gmail.com

Princess Leia is copyright The Walt Disney Company. Use of character image is intended for tribute to Ms. Fisher. No infringement is intended, and all rights are reserved. The illustration itself is by M. Patrick Duggan. No replication is allowed without permission.




REHAB IS NOT THE LONG TERM SOLUTION, TO THE OPIOID PROBLEM

Scarcely has a day gone by where I have not been reminded of the unrelenting cataclysm, that is the drug and alcohol epidemic. Originating from a multitude of sources, which include data referring to crime rates, suicides, rates of recidivism, overdoses, deaths, etc., our lives have been bombarded with these unsettling statistics.

My experience has shown over the last 10 years that opiate and opioid addiction is at an all-time high. Not only has this problem been trending upward, but the average age of addicts has expanded, indicating easier access and much greater supply and demand. While there are many harm reduction measures taken both locally and nationally, I feel an obligation to share our experience serving this community.

Many cases we see are not the stereotypical "addict", but professional men and women who have become addicted to medications their doctor prescribed after surgery, grief and loss, work troubles, family stresses, etc. The availability of these drugs has never been greater, nor has the need to help those who suffer from them.

There is, however, a bright side to this dreary and seemingly hopeless world. Though it is unlikely you will observe it on the local evening news. Around us, every day, men and women touched with this affliction are turning around and changing their lives, using their experiences to help other men and women who are still struggling.

This starts with personal accountability, and ownership for their lives as they have been living them. No child says to his or herself, "One day when I grow up, I want to be a junkie living on the streets, begging for loose change in order to get my next fix," or "I can't wait for my future children to see me nodding out on the couch, because of the pain medication I'm hooked on." But it is the reality that many people around our country wake up to every day.

The public has been seeking a solution to this health catastrophe since these highly addictive drugs came to prominence, but due to the explosion of rehabs and sober livings, many now hold an erroneous belief that confining and monitoring an addicted person is the solution. In and of itself, in our collective experience, this is not the solution. Yes, we are saying that treatment centers are not the answer! For an addicted person, only hard, personal, daily work can help an individual to get and stay off drugs. This is the flip side to this ongoing plague: lives are being repaired and changed for the better, and families are being healed and reassembled.

This is another item that belongs on the front page of every newspaper in Everywhere, USA: There is a solution to the drug problem. But contrary to a belief we find to be popular, there is no quick fix. It is not a problem at which you can just throw money, and it is not something that can be solved in 30 days, 60 days, or 90 days in a rehab, even ours! Many times a family or loved ones will drop someone off at our door with a request to "fix them". Again, it takes hard, personal, individual work that must be done daily for the rest of one's life. Work that no one can do for anyone else, and work that requires honesty, patience, open-mindedness, labor, and self-sacrifice. I am writing this due to the collective awareness, that there exists an ethos which supports these aforementioned, misleading, and harmful notions.

Although such rehab facilities can sometimes be the initiating catalyst for such alterations in one's life, (as well as provide critical and essential medical supervision during the early stages of recovery, including detox and managing withdrawal symptoms), it is only through taking total personal ownership, accountability, and a willingness to change, that one approaches the precipice to true, long-term and meaningful recovery.

Our phones ring daily from people near and far seeking help for a problem that is beyond their control, who cannot stop no matter how great the need or wish to do so. We have seen no decrease in the public pleading for help, and no decline in the amount of families ravaged by this deadly and serious disease.

We know there is a solution. We have experienced it ourselves, and we witness it on a daily basis. To anyone who is struggling, or knows of anyone that is struggling, this information should be comforting. Recovery is a personal journey that can start with tragedy, but leads to a life that is full of purpose, gratification, happiness, meaning, friendships, and a community of people that say "I know what it's like, and here's what I did to change, and this is what it is like now."

Stuart Birnbaum's career was launched as a comedy writer; penning for Lily Tomlin, Chevy Chase, Redd Foxx, Christopher Guest and Tim Conway and is the recipient of a Writers Guild Award and an Emmy nomination. In 2003 he founded "Meditox" a national Opioid Detox Program. In 2008 he founded and remains CEO of the Lakehouse Recovery Center, a residential drug & alcohol treatment program, a Sober Living residence and an Intensive Outpatient Program in Westlake Village, CA. www.lakehouserecoverycenter.com.



by: Jenni Schaefer

THINGS TO SAY TO A LOVED ONE WITH PTSD

"I understand," some well-meaning friends and family said to me when I told them I was struggling with Post Traumatic Stress Disorder (PTSD). Really, do you? I wondered, a bit agitated. I must admit, my PTSD and irritability can go hand in hand. Yes, I was annoyed, but I also felt invalidated.

Did they truly know what it was like to feel like your brain has been hijacked, stuck in the past, living in constant fear and to be oh-so-exhausted, and depressed?

No, they probably didn't, and for that, I am grateful.

While I wish no one would ever have to endure the effects of PTSD, for those of us who have struggled with it, one of the most difficult things can be this: people can have a tendency to downplay or deny that we even have PTSD.

"You don't have PTSD. You are just having marital problems," they might say.

I know our friends and family members mean well. Since PTSD is more and more in the public eye these days, I'd like to open up a dialog between those who struggle with PTSD and those who don't.

Too often, when it comes to mental illness we are afraid to say anything at all — we certainly don't want to say the wrong thing. I polled my Facebook community recently, asking those with PTSD what they wish they could hear from loved ones.

Here is a list of 25 helpful things to say to those who have PTSD:

1. "I see you're in pain. It's OK to feel this way."
2. "Your symptoms make sense given what you've been through. You're not broken, weird or hopeless. You are worthy of love and belonging."
3. "It isn't happening right now. You're safe."
4. "You are not alone. I'm not going anywhere."
5. "I am a better person today because of your friendship. What has happened doesn't define you."
6. "You didn't deserve that. Please know I'm here for you."
7. "I don't understand the signs and symptoms, but I believe you and I support you."
8. "I am thinking of you. How are you?"
9. "I love you."
10. "I'm on my way."
11. "The worst isn't happening again, even though it [may] feel that way. Keep breathing."
12. "I'm sorry you feel like you can't keep doing this, but I believe in you and your strength to keep fighting."
13. "You are inspiring. Even if you don't see it, the growth you've made is remarkable."
14. "It's OK to fall. I'm here to pick you up. Just take it step by step."
15. "You might not believe it, but you can do this. These awful feelings will pass."
16. "You're not 'crazy.' Remember: everything you're experiencing is completely normal for someone who has gone through trauma."
17. "You survived. You're resilient."
18. "What happened to you really sucks. I'm sorry."
19. "My heart aches for you. I am in tears with you."
20. "We're in this together. I'm on your side no matter what."
21. "I'm here when you're ready to accept my caring. In the meantime, please know I genuinely do care."
22. "I'm sorry I wasn't there for you and didn't know how to help. I will do my best to be there and not judge."
23. "You matter. Your story matters and will help others in the future."
24. "Do you want to just listen to music or do something fun?"
25. "If I could carry those memories with me for you, I would."

Personally, it really helped me when people said, "It's not your fault."

But, a therapist once told me others sometimes need to reach that conclusion on their own. So, they may not relate well to those words.

If you're still unsure of what to say, you could always ask your loved one, "What can I say or do to support you?" And, be honest if you have no clue what to say! Don't be afraid to fumble on your words or to say something incredibly silly. PTSD is a very misunderstood illness; it is an illness you can't plainly see.

I didn't need my friends and family to see my PTSD. I didn't need them to understand it. What I needed was for them to believe me and see me, apart from the illness. I needed their unconditional love and support.

I didn't need loved ones to push or pull me into recovery. What I needed was for them to walk beside me. I needed them to meet me where I was. Sometimes, they stumbled in this place, but so did I.

It took a while, but finally, after falling down and getting back up again, we did it. And I made it through.

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.



Residential Treatment Centers

Long Beach, CA

800-635-9899

New Found Life

We accept insurance
Please call for verification of benefits

- ◆ Primary
- ◆ Extended Care
- ◆ Residential Continuing Care
- ◆ Outpatient Center (*Opening in 2016*)

Separate gender specific programs for men & women • Dual diagnosis • Custom treatment plans • Open ended program • Individual & group counseling • Individual therapy • Psychiatric care • Specialty groups that include planned recreation, yoga, meditation, & spirituality groups • Education & study sessions on recovery, substance abuse and relapse prevention • Strong introduction to self help groups • Family program that includes multi-family groups, equine therapy, education & introduction to 12-step programs

newfoundlife.com

Providing quality
treatment services
since 1993



800-635-9899

Book & Video Reviews

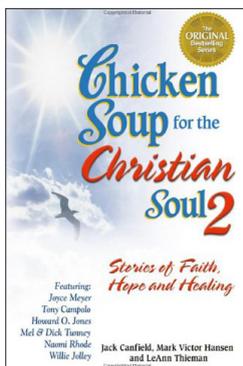


CHICKEN SOUP for the CHRISTIAN SOUL 2. By Jack Canfield, Mark Victor Hanson and LeAnn Thieman. Published by Health Communications, Inc.

This is a collection of stories from different authors. This is a wonderful book on faith, hardships, love and the pure miracles of God. A great inspirational tool when you need to strengthen your faith; when you are feeling weak and lost in life. These heartwarming stories will bring smiles to your face; they will bring tears to your eyes and will put joy in your heart.

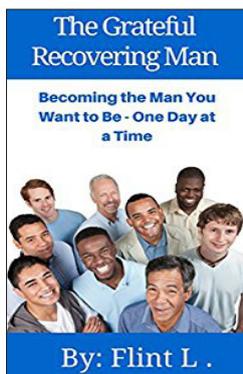
This book deals with different religious backgrounds, showing the reader that they are not so different at all. Even if you feel that you are not religious, I am sure you will find these stories interesting. I loved that this book explores several themes such as faith, love, hope, overcoming obstacles, etc., instead of just focusing on a single topic. It is comforting and an awakening to know that God helps all His children who love and remember Him. This book is amazing, it has several stories that everyone can connect to at a personal level. You will read the real story of people with different religions and cultural backgrounds and how they solved their problems. You may feel close to them, and feel thankful for the grace they have in their lives. This book gives real evidence that God is real and is alive in all of these people and their stories. These stories will keep your faith in "humanity" in check. This is an enjoyable book that will leave a lasting impression on anyone who reads it, with its optimistic take on life.

I would like to thank the authors of this book. I can't imagine the time it takes to put one of these Chicken Soup for the Soul books together, with so many themes, something for everyone. Do yourself a favor read this book. Available at www.Amazon.com.



THE GRATEFUL RECOVERING MAN: Becoming the Man You Want to Be - One Day at a Time. Written by Flint L.

This book is years of acquired knowledge through Flint's personal mistakes and successes given directly to the reader, its pages are filled with heartfelt gratitude for the 12 Steps workable blueprint. The freedom from emotional bondage and the spiritual oppression are outlined in this enlightening and comprehensible format. Flint's firsthand experience with addiction helped to strengthen him, to sense the different levels of sobriety with its outcomes, which helps to spread the message of hope and recovery to those searching for a long-term solution. Flint discusses the stages and progression of becoming a mature and productive individual when applying gratitude, while working on resentments with the help of a higher power. He explains when we exhibit calmness during crucial times, this in turn becomes contagious to those around us. Having someone to be accountable to - such as a sponsor - is essential for correctional growth, while sharing our common bond with other alcoholics and addicts helps to keep us grounded. He expresses how humility helps us to accept and give forgiveness, and the combination of these help to ensure that we can achieve success to becoming fully developed. This is a must read for us all wanting to become whole for ourselves and for the greater good. Available at www.Amazon.com.



RECOVERY ADDICTION TALK, Recovery and Relapse, The Unwanted Intruder. Oak Valley Productions. DVD and Workbook. by David McCauley.

Last month I reviewed *Recovery Addiction Talk, Coming into Recovery, Perseverance*. As I previously stated David created this series of DVD's so that treatment centers and sober livings could enhance their client's experience of "Wellness in Recovery", with his new educational DVD series.

In this workbook and DVD, David focus's on recovery and the very nature of RELAPSE. By understanding what leads to relapse we have a better chance of avoiding it. David talks about the feelings that arise before a relapse, and follows up with telling us how to re-center ourselves. We are reminded of the importance of inner peace and what a huge part it plays in our recovery. He also talks about self-doubt and how that undermines our balance and peace, how a spirit of faith can help us overcome doubt and step into our recovery.

There is so much knowledge and inspiration in this presentation. I have so many favorite quotes from this DVD, that I want to share with our readers, but this is a review not a column. Perhaps David McCauley will write for us some day and share his experience, strength and hope. Until then remember, "There are a million excuses to relapse, but not one good reason."

Available at www.oakvalleyfoundation.com/oak-valley-recovery-media-llc-sales.html

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.



October Events

EVERY SATURDAY NIGHT: New A.A. Open Meeting. "The Back Up Plan". 1 hour speaker meeting. 7:30PM to 8:30PM, Faith Presbyterian Church, Fireside Room, 5000 Colfax Ave., North Hollywood, California. Together We Recover.

SATURDAY OCTOBER 14TH, 2017: Unit Aye Group Anniversary. Love and Tolerance. 7:AM to 7:PM. Starting with a beginners meeting, Dinner (potluck) at 2pm-3pm, meetings all day long. 10641 Unit "A" Burbank Blvd., North Hollywood California 91601.

SATURDAY OCTOBER 14TH, 2017: 6:30pm, Foothills H&I Bingo Night. La Canada Congregational Church 1200 Foothill Blvd in La Canada, California. Tickets \$20. All CASH prizes, 50/50 raffle. Food, Fun, Fellowship. All proceeds go to literature fund.

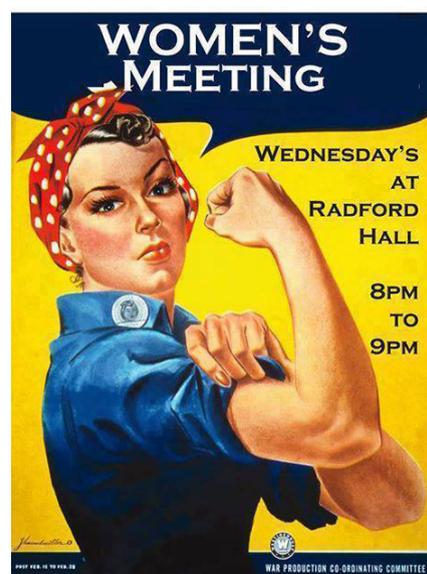
SATURDAY OCTOBER 14TH, 2017: 1:30PM to 4:30PM, at Radford Hall. Potluck Lunch and Bingo. Show your support and have some fun. 13627-1/2 Victory Blvd., Van Nuys, California.

SATURDAY OCTOBER 29TH, 2017: 2:PM to 5:PM, after the 12:PM meeting. Unit A's 1st Pumpkin Carving Contest \$5 or free if you bring your own pumpkin. Halloween fun for the whole family. Bone chilling Bake Sale. 10641 Unit "A" Burbank Blvd., North Hollywood California 91601.

SATURDAY DECEMBER 2ND 2017: A.A. Area 93, 5th Annual Literature Workshop: Topic Panels with Q & A. Noon to 4pm, St. Innocent Church, 5657 Lindley Ave., Tarzana, California, 91356. For more information www.area93.org.

NEW YEARS EVE CELEBRATION, SUNDAY DECEMBER 31ST, 2017: Bring in the New Year SOBER & SAFE at Radford Hall. Italian Dinner (\$10) starts at 6:PM, Speaker meeting 8:PM, Dance (\$10) starts at 10:PM. Show your support and have some fun. Radford Hall 13627-1/2 Victory Blvd., Van Nuys, California. To find out more information or to be of service contact JR at (818) 312-4233.

Send us your upcoming SOBER or recovery related events. We will list it FOR FUN AND FOR FREE. Email events to: info@KeystoRecoveryNewspaper.com



**ETHICS, BEST PRACTICES and
EFFECTIVE STRATEGIES**

Training for Executive, Admissions and Marketing Professionals



AMS SYMPOSIUM
ADMISSIONS AND MARKETING

5TH ANNUAL WEST COAST TRAINING EVENT
2 Full Days | 20 Top Industry Presenters
OCTOBER 18-19, 2017



The LUXE
11461 Sunset Blvd,
Los Angeles, CA 90049

Group Rates discount available until 09/15
(rates begin at \$239 per night)



Ann Premazon



Beck Gee-Cohen



Bill Stierle



Candace Bruce



Derek Daley



Gina Tabrizy



Dr. Jessica
Rodriguez



Dr. Judith
Landau



Dr. Larry Taylor



Josie Herndon



Kelly Farrell



Kristen Hayes



Mark Oerther



Mike Schaub



Nanette Zumwalt



Pat Kelly



Robbin Mooney



RuthAnn Rigby



Sean Walsh



Tom Buckley

ONLY \$399 Register Today: www.amsymposium.com

Questions? Contact us at: info.amsymposium@gmail.com

Classified Ads

Box Ads

BUSINESS OPPORTUNITY

BUSINESS OPPORTUNITY: Many Recovery Items, Mugs (260 different mug designs), God Boxes, Etc., Buy ALL or Part. We are moving on. www.aUnicornTshirt.com or call Marshall (714) 758-1170. or Text (714) 561-6159, email info@aunicornshirt.com.

HELP WANTED

RIDGEVIEW RANCH TREATMENT CENTER IS ACTIVELY HIRING FOR THE FOLLOWING POSITION: Resident Technicians to provide care and support to our clients. Experience in substance abuse field preferred. Please send resumes and cover letters to jobs@ridgeviewranchca.org.

WANT A JOB IN RECOVERY? SHARE! IS HIRING. To apply, please send your resume and a cover letter detailing your passion for self-help support groups, your personal experience attending self-help support groups and why you want to work at SHARE! to: jobs@shareselfhelp.org. See more info at www.shareselfhelp.org. Under Programs/Jobs.

SOBER LIVINGS

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

A STEP IN THE RIGHT DIRECTION Luxury Sober Living Homes, Gender Specific and Pet Friendly. Call (855) 975-4357, www.AStepintheRightDirection.org.

ADVANCED HOUSE SOBER LIVING: Men's Sober Living, Creating Alumni, Located in Beautiful Venice Beach, California. If you want to start your Journey Today give us a call, (310) 450-7194. www.AdvancedHouseSoberLiving.com

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

CASA NUEVO VIDA SOBER LIVING: Quality Sober Living Homes for Men & Women. Providing a Solid Foundation & Keys to a New Life Homes in Cheviot Hills, Culver City & Playa Del Rey. Call (888) 390-6229. www.CasaNuevoVida.com

MIRACLES IN ACTION SOBER LIVING: Sober Living at it's finest. We provide food and transportation to 12-step meetings. Located in Glendale, California. (818) 429-9103, www.MiraclesinAction.com

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

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

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

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

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

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

conclusions. treatment center

The Premier Outpatient Recovery Center Servicing the San Fernando Valley

IOP: Day Treatment/PHP Day & Evening Groups

CALL TODAY 818-221-3076

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

www.ConclusionsTreatment.com

Altadena Recovery Center California Non-Profit

626.765.6905

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

We accept PPO & Private Pay

3025 N. Lincoln Ave., Altadena, California

www.AltadenaRecoveryCenter.org

CHANGE YOUR LIFE! WE CAN HELP!

Oasis, a licensed and certified Residential Treatment Substance Abuse Program for Women.

6- month to 1-year program; Self-pay and Scholarship beds available. Structured, Active and 12-Step orientated.

Call Anjanay 818.362.0986

www.OasisWomensRecovery.org

Your Box Ad HERE \$100 per month...
Buy 5 months get one month free
When your budget is limited...
your exposure **SHOULDN'T BE!**

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

CLASSIFIED AD HEADING : _____

Classified Ad Content: _____

Billing Address: _____

Contact person: _____ Phone: (____) _____

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

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

KEYS TO RECOVERY — NEWSPAPER, INC. —

Advertising Rates

Ad Sizes

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

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

Materials & Deadlines

Terms and Conditions

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

Advertising Deadlines: Keys to Recovery Newspaper, Inc. will hit the streets on 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.laccaa.org (323) 936-4343 (800) 923-8722.

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

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

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

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

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

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

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

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

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

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

California Department of Health Care Services: www.dhcs.ca.gov (800) 735-2922.

California Hispanic Commission on Alcohol & Drug Abuse: www.chcada.org (916) 443-5473.

CEA-HOW: Compulsive Eaters Anonymous - HOW www.ceahow.org. World Service Office (323) 660-4333.

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

CEA-HOW: Compulsive Eaters Anonymous - HOW: San Fernando Valley Intergroup, (818) 667-6722 or e-mail: sivalleyhow@aol.com or Bryce at (818) 621-2130.

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

Cocaine Anonymous: of the SFV (818) 760-8402.

Cocaine Anonymous: World Service Office www.ca.org. (800) 347-8998 or (310) 559-5833.

Clutterers Anonymous: (866) 402-6685.

Co-Dependents Anonymous: (CoDA) Los Angeles (323) 969-4995.

Co-Dependents Anonymous: (CoDA) San Fernando Valley (818) 379-3300.

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

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

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

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

Eating Recovery Center: (877) 957-6575, www.EatingRecovery.com/Jenni.

ERC Insight: (Mood, Anxiety, Trauma) (877) 737-7391, www.jennischaefer.com/seek-help.

Emotional Anonymous: www.emotionsanonymous.org World Services (651) 647-9712.

Food Addicts Anonymous: www.foodaddictsanonymous.org World services (772) 878-9657.

Food Addicts in Recovery Anonymous: (FA) www.foodaddicts.org (781) 932-6300

Families Anonymous: www.familiesanonymous.org (800) 736-9805.

Gamblers Anonymous: (GA) www.gamblersanonymous.org (626) 960-3500.

Problem Gambling: 24-Hour Help Line (Calif.) (800) Gambler or (800) 522-4700.

Love Addicts Anonymous: (LAA) www.Loveaddicts.org

Laughing Yoga Recovery: for Stress reduction and wellness, breathe, love, laugh and be happy, (760) 832-9992.

MADD Mother Against Drunk Drivers: www.madd.org (877) MADD.HELP

Marijuana Anonymous: www.marijuana-anonymous.org World Services (800) 766-6779.

Marijuana Anonymous: www.marijuana-anonymous.org Los Angeles (310) 494-0189.

Marijuana Anonymous: www.marijuana-anonymous.org Van Nuys (818) 759-9194.

Narcotics Anonymous (NA): www.todayna.org Regional Office (800) 863-2962.

Narcotics Anonymous: www.nasfv.com (818) 997-3822.

Nicotine Anonymous National & World Services: www.nicotine-anonymous.org (877) 879-6422.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, CA. Thursday 10:30am to 4:pm, (213) 201-1600.

As You Are Church, 7855 Lindley Ave., Reseda, CA. Wednesdays & Fridays, call for hours, (818) 758-1700.

Catholic Charities/Guadalupe Community Center 21600 Hart St., Canoga Park, CA. 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

S.P.Y. Safe Place for Youth: Supportive Services for Homeless & At Risk Youth. Drop in Services, meals, hot showers and clothing. 2469 Lincoln Blvd., Venice, CA 90291 (310) 902-2283.
The Salvation Army Adult Rehab Center, 21375 Roscoe Blvd., Canoga Park, (818) 883-6321.
Salvation Army The Way Drop in Shelter for Youth (323) 469-2946.
Salvation Army Westwood (310) 477-9539.
Sunshine Mission for Women (213) 747-7419.
Salvation Army Glendale Chester Village For Homeless Families (818) 246-5586.
St Joseph Center Homeless Services & Meals (310) 399-6878.
Sanctuary of Hope (323) 786-2413.
Samaritan House (562) 591-1292.
San Fernando Valley Rescue Mission (818) 785-4476.
The Midnight Mission (213) 624-9258.
The Children's Life Saving (310) 450-3701.
TEAM HOUSING (310) 631-9516.
Union Rescue Mission (213) 347-6300.
Union Station Homeless Services (626) 240-4550.
U.S. Mission Canoga Park Transitional Housing (818) 884-4409.
Volunteers of America Homeless Support Services (626) 442-4357.
West Side Homeless Outreach, Inc. (310) 570-9065.
WLCAC Homeless Access Center (323) 563-4721.

DOMESTIC VIOLENCE

Amanecer/Community Counseling Services (walk-in center only) (English, Spanish) (213) 481-1792.
Battered Women/Children Hotline, (818) 887-6589.
Bienvenidos Children's Center, Inc. (walk-in center only) (323) 726-9790.
Bilingual Shelter for Victims of Domestic Violence, (800) 548-2722 (24 Hour).
Center for the Pacific Asian Family (800) 339-3940.
Chicana Service Center (English, Spanish) (323) 268-7564.
Child Protection Helpline, (800) 540-4000 (24 Hour).
Children's Institute International (walk-in center) (213) 385-5100.
Domestic Violence (SAFE): (800) 799-7233 Crisis Hotline.
Domestic Abuse Center (walk-in center only) (818) 904-1700.
East Los Angeles Women's Shelter: (walk-in center only) (323) 526-5819, 24 Hour Hotline (800) 585-6231.
Family Crisis Center (South Central): (323)737-3900.
Glendale: YWCA Domestic Violence Project (818) 242-1106.
Haven Hills: www.havenhills.org (818) 887-7481 (818) 887-6589.
Helpline Youth Counseling (walk-in center) (562) 864-3722.
House of Ruth (909) 623-4364.
Human Services Assoc. (walk-in center) (562) 806-5400.
Institute for Multicultural Educational Services I.M.C.E.S (walk-in center only) (213) 381-1250.
Jenesse Center www.jenesse.org (323) 299-9496.
Jewish Family Service of Los Angeles/ Family Violence Project/ Tamar House www.jewishla.org (818) 789-1293.
Foothill Family Services (walk-in center), (626) 338-9200.
Legal Aid Foundation of LA (LAFLA) (323) 801-7991.
Mental Health Center Inc. SFV Community (walk-in center only) (818) 838-1352.
Project Peacemakers, Inc. (walk-in center only) (English, Spanish) (323) 291-2525.
Prototypes (walk-in center only) (323) 464-6281.

DOMESTIC VIOLENCE

Safe Horizons (800) 621-4673 (HOPE).
San Pedro, Rainbow Services: (310) 547-9343.
Santa Monica, Sojourn: (310) 264-6644.
So. California Alcohol & Drug Program/Angel Step Inn: www.scadp.org (562) 949-5358.
The Good Shepherd Shelter: (323) 737-6111.
YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

RAPE HOTLINES

RAINN Hotline (victims of sexual assault) (800) 656-HOPE.
Rape Hotline (24 Hours) (800) 585-6231. www.elawe.org
S.A.F.E LA www.safela.org/rape-and-sexual-assault
Rape Hotline (800) 978-3600 (So. California): 24 hours a day, seven days a week. Callers can get help in eleven languages (English, Spanish, Korean, Vietnamese, Mandarin, Cantonese, Tagalog, Khmer, Japanese, Thai and Armenian).
Rape Hotline (213) 626-3393 (Central Los Angeles)
Rape Hotline (310) 392-8381 (South Los Angeles)
Rape Hotline (626) 793-3385 (West San Gabriel Valley)
Stalking Hotline (877) 633-0044 (Stalking Hotline)
National Domestic Violence Hotline: (800) 799-SAFE (7233) (800) 787-3224 TTY

SUICIDE PREVENTION

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

HEP C / HIV / AIDS INFORMATION

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

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

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

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



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

Enjoy a better life today by

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

I will work with you to

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

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

call Dr. Nita Vallens 818.783.6258

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



Dedicated to helping you erase the wreckage of your past.



One Year Later

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

818.669.0333 • www.JazSkin.com

Email: sayhitojasmine@gmail.com

Handyman Services by John Paul

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

- Experienced
- Honest
- Hardworking
- Reliable
- Great prices

818.447.0613



Or we may view life as frightening, meaningless, or punitive. We typically live the unenlightened version of rowing our boat for a while, and hopefully the consequences of our mistakes motivate us to change. When we take responsibility for ourselves, we call forth strengths from deep within us which become gifts for others. We allow passion to flow through us and when obstacles appear, we persevere and allow the stream to shape us toward our inner purpose. Surrendering to the stream gives us a sense of joy, wholeness, humility, and gratitude for our interdependence with all that is around us. We accept the tests, trials and tribulations of our journey, for we are connected to something much greater that offers unlimited growth for all. Happiness arises from shedding beliefs of separation, learning to love who we are and what we do, not getting ahead of the present moment, letting the mind be light, and releasing the heaviness of negativity. Living from our highest purpose means that God has a greater plan for us that our ego mind cannot grasp, and so we give up grasping and hoarding, and practice faith and openness to the stream that is within us, and that sustains us. Our entire view of ourselves and life must transform to embrace the true miracle and preciousness of our journey, for we are bringing heaven to earth and there is no higher purpose.

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.



Then in 2006, because of the economical down turn, I had to close the doors of the business that I spent twenty years building. What I did not realize was how much my identity was tied to that business. There I was, left torn wide open with the one thing I had that made me feel important, taken away from me. Now who am I? I thought.

Since 2006, more of the onion has been peeled, and I have discovered a lot about myself, the true authentic Randy. What happened to me is only something I had experienced, and it does not define me. What I do is just what I do, and in no way defines who I am. It was only when I lost all of those "things", that I discovered who I really was. I am a man of God, a loving husband, father, friend, mentor, athlete, teacher, student, and so much more. I recently rode my bicycle across America for the Courageous Healers Foundation to bring awareness, and a message of hope and healing to the boys and men that have been sexually abused. On that forty day and forty-night trip, so much more was revealed to me about who I really am. But that's a story for another time.

Randy Boyd is a licensed California Alcohol and Drug Counselor, Certified Life Coach, the founder of the Courageous Healers Foundation, and an associate of "It Happens to Boys." He speaks at conferences, schools, and treatment facilities, about the effects of abuse on men, and how men can heal from those effects. Randy is the author of the new groundbreaking book addressing the sexual abuse of boys entitled "Healing the Man Within," a book for male survivors and their families written by a male survivor. You can contact Randy to speak at your facility or event @ (760) 702-5498 or www.courageoushealers@gmail.com

That Piano Lady Music Studio

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

818.319.2252

www.thatpianolady.com

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



BEYOND EXCEPTIONAL treatment

This is our promise to you.

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

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

We accept most insurance
www.harmonyplace.com

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

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



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





Women's Association for Addiction Treatment

5TH WAAT Conference 2017 INNOVATIVE APPROACHES TO ADDICTION TREATMENT



Conference 2017 • Featured Presenters

FRIDAY, NOVEMBER 3rd

8:30 AM to 3:45 PM

THE OLYMPIC COLLECTION

Convention Center

11301 West Olympic Blvd.,
Los Angeles, CA 90064

5 CECS Available

Constellation Behavioral Health is approved by the American Psychological Association (APA) to offer (1) continuing education for Psychologists. Constellation Behavioral Health maintains responsibility for this program and its content. Constellation Behavioral Health is approved by the California Association of Marriage and Family Therapists (CAMFT) to offer (1) continuing education for Licensed Marriage and Family Therapists, Licensed Clinical Social Workers, and Licensed Professional Clinical Counselors. Constellation Behavioral Health maintains responsibility for this program and its content. Please check with your respective boards to confirm acceptance of these credits.

PRE-REGISTRATION

\$95 (WAAT & MAAT Members)

\$125 (Non-Members)

For information on registration or available Sponsorship & Exhibitor opportunities please visit our website www.waatconference.org

or contact Jillian Greene
at (323) 821-8194 or
jilliangureene@earthlink.net.



KEYNOTE SPEAKER
DR. TIMOTHY FONG, MD

Cannabis and Mental Health:
What's Lying in the Weeds?



MICHELLE HIRSCHMAN, LCSW

Creating a Tribe:
How to Build Wrap Around Services



SUZETTE BRAY, LMFT

Dialectical Behavior Therapy for
Substance Abuse Disorder



DR. DARREN HABER, PSYD.

Unconscious Accommodation
in Addiction Treatment

OUR SPONSORS:

 **CENTER FOR DISCOVERY**[®]
Transforming Lives

 **CONSTELLATION**
Behavioral Health
Meaningful Lives, Infinite Possibilities

EXHIBITORS:

Milestones Ranch Malibu
Ocean Recovery
Eating Recovery Center ERC