

November 2017

KEYS TO RECOVERY — NEWSPAPER, INC. —

Does an Attitude of Gratitude Affect Recovery?

by: Rita Milios, LCSW



**The Importance
of Trust**
Page 4

**Victim-Hood
to Victory**
Page 9

**Relapse, It can Happen
to Anyone**
Page 10

626-398-3897

PAX  HOUSE

WHERE PEACE BEGINS

PaxHouse.org



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	Stephen Dansiger
Ask Dr. Nita	Page 6	Dr. Nita Vallens
Food For Thought	Page 7	Jenni Schaefer
Freedom From Bondage	Page 8	Dano Goldman
Matters of the Heart	Page 9	Rudy & Kelly Castro
The Journey Continues	Page 10	Brian Cuban
Quit to Win	Page 11	Catherine Lyon
Attitude of Gratitude	Page 12 -13	Rita Milios
Healing The Family	Page 14	Cory Brosch
Know A New Freedom	Page 15	Anonymous
Book Reviews	Page 16	The Crew
Events	Page 17	
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:

Editorial Contributors: Marcus Marshall • Jeannie Marshall

• Mary Cook, M.A., C.A.T.C. • Stephen Dansiger, PsyD, MFT

• Dr. Nita Vallens • Jenni Schaefer • Dano Goldman

• Rudy & Kelly Castro • Brian Cuban • Catherine Townsend-Lyon

• Rita Milios, LCSW • Cory Brosch • Peggy Salazar

• Stuart Birnbaum

About Us

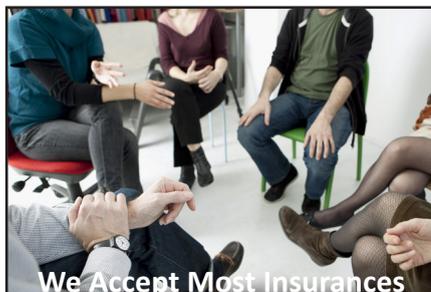
Advertising Rates - page 19

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 a "gratitude filled" issue of "Keys to Recovery Newspaper".

November is my favorite month of the year because it seems that every where we turn, people are talking about gratitude. I wish there was a way to carry that grateful, giving spirit, throughout the year. This year we will try to do it monthly, through "Keys to Recovery Newspaper".

This month instead of writing my editors column, I am going to share a "portion" of a letter that my mom, Peggy Salazar, included in a monthly letter she writes to all 22 women on death row. She has been doing this since 2006. She is also in charge of the prison outreach for Keys to Recovery Newspaper, and for that we are GRATEFUL!

"November, the month of Thanksgiving. Not just the eating of a great meal, but a time when we remember to be thankful for all that God has done for us and given us. It is so easy for us to think we don't have enough. It seems that we are always asking for more and not being grateful for all that we have. It seems that it is easier to be sad than to be happy, but it isn't. Yes, it takes work at first to be happy when you don't really feel like it, but just try to make it a habit. If you stub your toe instead of thinking how much it hurts (for a minute), be grateful you have a toe, that you can walk around and stub, many people can't, many don't even have a toe. You will be surprised how easy it is to form the habit of being happy, and smiling on purpose, even when you don't feel like it. Like they say, "Fake it until you make it". Smiling will also remove so many bad habits, without you even realizing it; one day when you see someone doing something not so great, you will just realize, wow, I don't do that any longer. I remember the day I was driving on the freeway to pick up Elissa, and take her shopping. I was smiling, and I realized "I am smiling for no reason at all", I believe, I thanked God for that. But, if I didn't at that time, I have since thanked Him often. I love it when I am happy just because. I am grateful that I am healthy, that I can walk, talk, cry and smile, most of all I am grateful that God loves me even when I do wrong. What are you grateful for? Make a list. Have a wonderful Thanksgiving."

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

- Jeannie Marshall, President & Cofounder

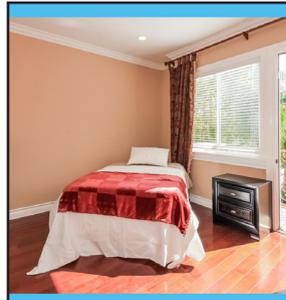
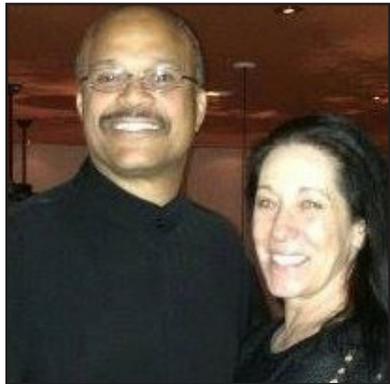
Hello everyone, this is the month of thanksgiving and being truly grateful for all of what you have. I feel incredibly blessed to be part of such a powerful force, that spreads the message of hope and recovery to all of those we meet in person, through letters or by phone. The recovery community is vast and so diverse in its approach and applications, which gives it numerous avenues to help address the large numbers of those oppressed with addictions and disorders.

I am so very thankful for my sobriety, I was emotionally, psychologically, physiologically and spiritually in bondage for 40 years during my addiction. The freedom that I now experience is so rewarding to my soul, I was reborn into a world of wonder and excitement again. I get to be of service and continually grow spiritually daily, I have a remarkable life filled with love, service, support, and fellowship with incredible individuals on this path of sobriety.

I am so very thankful for all of those that helped me to envision a life free of selfishness, resentments, fear, anxiety, worthlessness and despair, and becoming a man that looks forward to putting others first. This daily reprieve uplifts my spirit in ways I can't even explain. I'm extremely thankful that my family and friends never gave up on me, even during the times that I did. I'm forever thankful to my Higher Power (God), who strengthens me.

As I reflect the last five plus years of sobriety, Thankfulness and appreciation for what I have, not what I don't have, has given me peace and joy to live life on life's terms. Every day I am amazed at the world around me, its people and landmarks, its music and songs. This life of sobriety with my family and my friends is very much cherished, I am truly thankful for you taking time to read our recovery newspaper, and my editors column. Until the next time, may you acquire all that you hope for and dream of.

- Marcus Marshall, Vice President & Cofounder



TRUE INTENTIONS

Located in Tarzana, California

24/7 On-site male & female 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

Gated estate

Steps away from Ventura Blvd.

and public transportation

Co-ed

Toxicology tests biweekly

Flatscreens in every room



CALL NOW 818.288.6075

LarryM@trueintentions.com

www.TrueIntentionsSoberLiving.com

True Intentions Sober Living



TRUE HOPE CALLING™

recovery is the real deal

connecting families to treatment communities

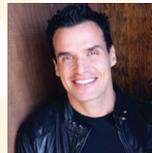
WE CARE for people who are suffering from substance abuse and mental health disorders.

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

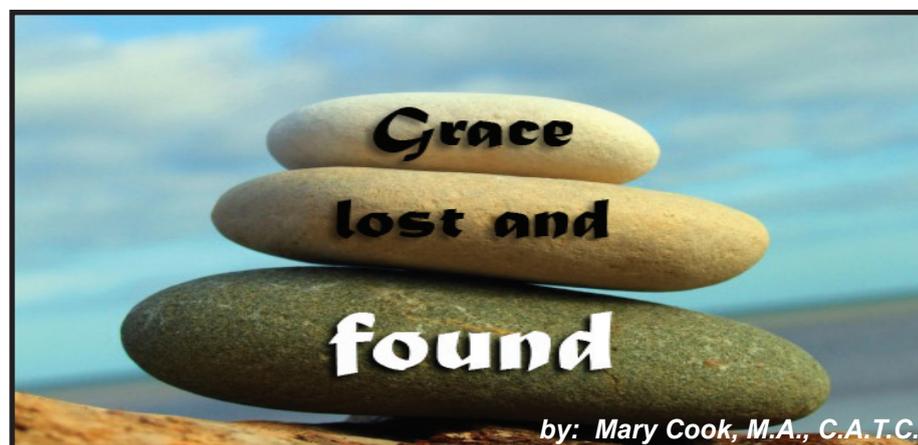
Luxury Accommodations
Private & Semi-Private Rooms

Fitness Program
Music Program
Hiking Trails

Most PPO Insurance Accepted • In Network with Athem Blue Cross

855-591-6116

www.TheVillaTreatmentCenter.com

THE IMPORTANCE OF TRUST

Trust is a key component in addiction and recovery, and trust starts in infancy. When infants do not live in a trustworthy family, they are vulnerable to experience mistrust and its' corresponding terror since infants can't take care of themselves, or misplaced trust and its' corresponding disasters from trusting those who betray them. Since infants cannot perceive themselves as separate from those who care for them, problems with trust are perceived to be their fault. Since infants are completely dependent upon others for their physical and psychological survival, the lack of trustworthiness often leads to deficiencies in self-care and personal safety, inability to trust oneself and to be trustworthy to others. Harmful relationships with self and others is common, until this is healed. In our mind, there is a natural transference from our human higher powers to a later spiritual higher power, which is problematic if we don't start off with healthy parents. Additionally, addicts' relationships with the object of their addictions becomes a harmful higher power. We don't outgrow these problems at any age, rather we must directly address, heal and positively transform them, in order to achieve healthy discernment over what and whom to trust in various circumstances.

In recovery, safety, caring, honesty, accountability, helpfulness, and acceptance create a new foundation for the beginning and blossoming of trust. Recovery helps addicts understand that their problems with trust didn't start as their fault, but because of this faulty blueprint, their behaviors and attitudes reinforced and compounded relationship problems. Modeling and mentoring them to practice trustworthy relationships initially generates anxiety, and resistance due to its' unfamiliarity, but ultimately generates hope and happiness. Establishing trust with others helps addicts to build a trusting relationship with a Higher Power.

When toddlers learn to walk, talk, and become more autonomous, they are exhilarated with these freedoms and abilities. Families may thwart this development by viewing children as possessions to over-control, or as unwanted burdens to neglect. Children may react with shame when over-controlled, as if they are not trusted to learn and acquire greater independence. Children may react with doubt when neglected, as they require encouragement, support, and praise, in order to trust themselves to become more independent. And they learn that they cannot trust others to support them and believe in them. This can lead to anger and rebellion or fear and submission. It can sabotage success or produce a pretense of maturity. It can create vulnerability to seek outside fixes for internal pain.

In recovery, addicts' strengths are identified, as well as what interferes with them. Step work offers new learning, and progress is encouraged which leads to greater responsibilities and maturity. Support is given regardless of how much or how little addicts know, so that the process of trial and error can become more positive. As attitudes and behaviors that arose from trauma, and corresponding defenses diminish, addicts begin to glimpse who they truly are deep inside. They develop more conscious awareness and trust in what is healthy and helpful inside them, and experience trust in their recovery family. They can connect the dots between unhealthy attitudes and behavior and negative consequences and feelings, because they now have contrasting experiences for comparison.

Children in pre-school years become exceedingly curious about things that interest them in life. They wish to understand and solve problems, and their imagination is creative and inventive. This will help them as they grow to have a greater sense of their natural talents and passions. When family responds to children's interests with anger, rejection, impatience, or humiliation, children can feel guilty for burdening family with their questions and talking. They may decide that their interests or their very selves are unimportant, stupid, or embarrassing, thus they cannot trust themselves or their interests. This lack of interest and support from family can take the joy out of life for them, and can interfere with later identity development. Alternatively, they may get stuck in a defensive reaction with anger, stubbornness, humiliating others for their curiosities, and later arrogance and intellectualizing. Instead of recognizing internal treasures that can build a fulfilling life, children who are thwarted in this process can become adolescents and adults, who chase happiness and run from shame in addictions.

Recovery brings greater awareness of healthy interests and impulses, and how they can be integrated into a meaningful life. Step work helps to overcome self-deprecation and arrogance, stimulates new questions and new understanding, and encourages acceptance of unlimited wonders in the world, some of which can be understood, and some of which will remain mysteries. Building deep authentic relationships allows life to be perceived as precious and joyful.

In middle to late childhood, children wish to focus on what they can do, build, fix, and create. Whether it's athletics, art, building forts, making a garden, and so on, children learn the differences between the fantasy and interest, and the reality of doing something. This gives them more information about what to continue to pursue. When family responds with excessive involvement and controlling, or imposes perfectionism, this robs the child of their own experience, learning and growth, and thus trust and self-worth.

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

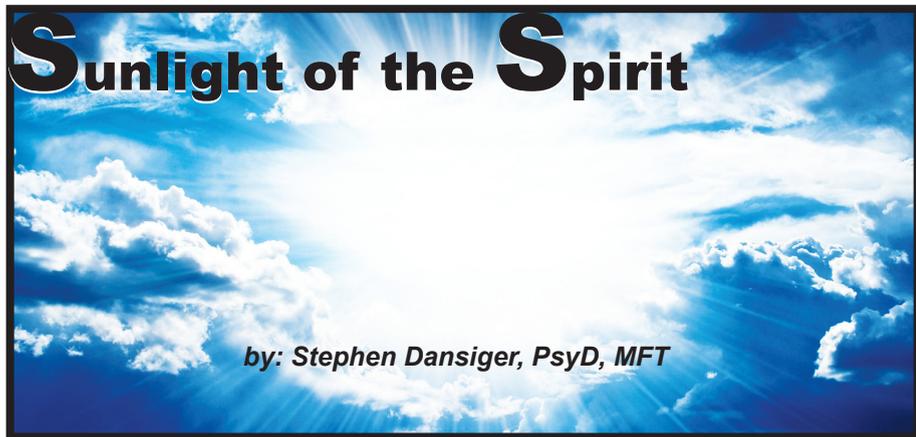
FAIR HOUSING COUNCIL

of the San Fernando Valley

818.373.1185

www.fhcsfv.com





TREATING TRAUMA WITH MINDFULNESS APPROACHES

The world of addiction treatment is going through a great deal of change, in order to meet a world that has gone through immeasurable change. This is not only a reference to the opioid epidemic and all that it entails, but also the ongoing and deepening dialogue about what represents effective treatment in general. Two of the most formidable developments are 1) the growing agreement about the role of trauma in addiction and addiction recovery, and 2) the advent of mindfulness based approaches as a front line treatment for addiction.

My own personal recovery journey has formed my relationship with Buddhist mindfulness and with EMDR (eye movement desensitization reprocessing) therapy, and trauma treatment in general. My introduction to recovery came from my first AA meetings in New York City in 1989, which launched my still continuous recovery. Those meetings introduced me to the idea of inviting spirituality back into my life after a long absence. Very early on, a new friend in the program invited me to an AA retreat with a Big Book Promises focus, at a Zen Buddhist monastery in upstate New York. There I received my first mindfulness meditation lesson, and I have never really stopped practicing meditation over these last 28 years.

My sitting practice led me to explore the other facets of Buddhist psychology, and they lined up with my recovery path. The idea that life contains suffering and unsatisfactoriness was not hard to see as true, and the idea that the cause of the suffering was because of craving and clinging, also resonated with my experience both in my active addiction and in early recovery. Over the years, this has led to an approach, where I have not found it difficult to fold in all the paths I have encountered: my Jewish upbringing, all that I discovered in my Interfaith Ministry training from the various faiths of the world, the 12 step program, and Buddhist psychology.

As I studied trauma as a therapist, and then studied it through the lens and practice of EMDR therapy, I saw that EMDR was a mindfulness based therapy at its core. The first two phases require the development of a mindfulness practice in order to find enough of a ground to do this difficult work. The reprocessing phases of the therapy are built on the foundation of the development of mindfulness of what had been relegated to the unconscious, the body, or the non-cognitive areas of the brain. Through mindfulness and through the mindful attention instigated by the 8 phase protocol of EMDR, clients are able to achieve the beneficial effects of EMDR therapy described thoroughly and widely in the extensive research literature. As Dr. Francine Shapiro (the creator and developer of EMDR therapy) has said, we are able to bring maladaptively processed traumatic memories to adaptive resolution, and then we are able to live a more adaptive life.

How does this impact the entire milieu of a treatment center, and non-clinical staff? In the not-so-old days, the belief was that in order to treat the trauma you have to encourage, or even force a person to face the worst of the worst and to work through it by talking. We now know that since the majority of traumatic material is not stored in the part of the brain that can make sense of it, and talk its way through it, that we need to find ways to engage the more primitive parts of the brain, and the body. This new knowledge allows all staff, clinical and otherwise, to back up a few steps and not believe they need to engage the client in constant conversation about their traumatic background. The opposite is true in fact. The client really needs to have a space for healing held for them, a feeling of safety whether it is offered by a counselor, a tech, the housekeeping staff, or the kitchen staff. If we can maintain that safety for the client, their central nervous system will start to regulate properly, and they will gain access to the ability to the hard work in therapy, with steps, with all the thought based modalities.

What happens when you take these principles, ideas and practices, and place them at the center of the work of an addictions treatment agency? At the moment I am working with a couple of agencies using this as a foundational model for treatment. I have come to these conclusions: That EMDR therapy and mindfulness should go hand in hand; that mindfulness is not just a technique, and neither is EMDR therapy; that if we are to truly make a difference in clients' lives when providing addiction treatment, we need to find a way to genuinely help them through their trauma work; and that this will occur best using an agency wide and community based model that rests on the foundation of mindfulness, EMDR therapy, and trauma informed practice. More practice and research will reveal whether this approach will be successful. The initial findings are very promising.

Stephen Dansiger, PsyD, MFT is the Clinical Director of Refuge Recovery Centers. He is an EMDRIA Certified Therapist, Approved Consultant and EMDR Trainer through the Institute for Creative Mindfulness. He is the author of *Clinical Dharma: A Path for Healers and Helpers*, and coauthor (with Jamie Marich) of *EMDR Therapy and Mindfulness for Trauma Focused Care*. He has been practicing Buddhist mindfulness for almost 30 years. www.Drdansiger.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



by: Nita Vallens

Dear Dr. Nita,

Growing up my alcoholic father terrorized the whole family and this was traumatic for me. Later in life, I met Joe, we began dating, and got sober together. All along he had been nice, kind and a good person. However, a different side of his personality has begun to surface in the form of frequent yelling at me, threats and criticizing. There's a feeling of déjà vu from my childhood, and I'm afraid to tell anyone what I'm going through. I feel hopeless, and I'm wondering if you can shed some light on my situation.
Signed Patti

Dear Patti,

Given your situation, I can understand your feelings of hopelessness. Awareness precedes change, and would be a great first step for your relationship with Joe, if he were willing to recognize the pain you're in.

It sounds like you have inadvertently landed in an abusive relationship, and I'm very glad you wrote so I can educate you about this aspect of domestic violence, known as emotional abuse. After defining, and detailing the problem, we will talk about solutions for you to follow up on.

Emotional abuse is an attack on personality rather than the body. If someone is changing their behavior because they are frightened of how their partner will react, they are being abused. It's as if you are walking on eggshells, and are in constant fear of what will happen next.

It's about more than one occurrence, one fight or argument, and is a pattern that happens over a period of time, where one is being controlled, and suffering in a constant state of fear. In this type of abuse, a partner may be frightening, coercing, and intimidating to a spouse or, partner.

Does he become angry at the slightest little thing? In your opinion do you feel these are often minor issues? If you fear "triggering him", and you worry about how he will interpret your behavior, or what he's thinking, then you are feeling victimized.

It could be some little thing like how you fold the laundry. If his response is scary, that is a sign of a problem. Even though on the surface it may be a small thing to you, your partner's interpretation of what's going on may be completely out of sync with reality.

Abusers only think of themselves, not their partners, and feel entitled to behave the way they do, even though below consciousness there may be fear or other emotions the abuser is not aware of consciously. Abusers offer no consideration for their partners, thinking or feeling that a partner is there only to take care of them, or meet their needs exclusively. They take and do not give back. Perpetrators minimize their behavior, are indifferent to your feelings, and make fun of your accomplishments.

Control is a big part of the verbal abuse by perpetrators, and often includes alienation of other people in one's life, such as friends, family, and coworkers. Financial matters, and intruding on one's privacy and checking their electronic devices are also common.

Emotional manipulation includes, put-downs and sarcasm. There's also "Gas-lighting" which is a term used to explain abusive behavior that the instigator denies, or places blame on the other person; resulting in a feeling of craziness and being off balance. This can be disarming, confusing and takes time to sort out.

Please consider the above carefully to assess your situation and get support from your trusted associates, sponsor and sober sisters in the program. If you need professional help to sort this out, seek assistance from someone who specializes in issues around emotional abuse and domestic violence. Here is a number to get you started, and there are resources in the back of this newspaper too (pages 20-21), 800-799-7233 is a national domestic violence hotline, the site is www.thehotline.org.

Give and take is part of a healthy relationship. Two-way communication and openness create respect, and a level of safety between partners. I hope you will take the needed steps to figure out what's best for you, and your relationship with Joe.

With new information, and a resource I believe you will begin to move forward.

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



YOU'VE RELAPSED AGAIN, WILL IT EVER GET BETTER?

Frantic and afraid, eating food out of a trash can, I promised myself, I will never do this again. I will stop bingeing. And then, the next day, or maybe even later that same hour, I would get triggered, and guess what I would do next? Eat uncontrollably. To say that I felt like a complete loser is a total understatement.

I felt like a failure. I'd been in recovery for an eating disorder for years, and I knew what I should have been doing: I could have called someone for help or gone to a therapy group, but I wasn't doing those things. Why? This was one of the most frustrating parts of my recovery. Even though I knew what I should be doing, I wasn't doing it.

Why am I not getting better, I'd ask myself. Or am I slowly getting better, and I just don't know it? Recovery is, weirdly enough, like Chinese bamboo. I know, who thinks about recovery and bamboo? But before you give up on me, please hear me out. When Chinese bamboo is planted, nothing much happens. In fact, during the first year, even the best fertilizer and water doesn't seem to produce growth.

Year two will come and go, and again, despite caring for the seed, nothing seems to happen. (Hmm...does this sound like your own experience in recovery? This is definitely what my first years in recovery felt like).

Years three and four pass, and you guessed it: nothing appears to be happening with the bamboo. This would be quite disappointing, don't you think, especially with all of the time and energy spent nurturing the seed.

By year 5, things feel kind of hopeless with the plant. Can you imagine being in recovery for 5 years without experiencing steady progress? I've been there and I felt depleted!

Then, surprisingly, sometime during that 5th year, in a span of only six weeks, the bamboo plant shoots up about 90 feet! Isn't that amazing!?

During all of that time, it had seemed that the plant wasn't growing. For 5 years, the bamboo didn't look like it was changing, but it was. It was building a solid foundation underground so that, during that 5th year, tremendous growth could happen.

Don't you love this metaphor for recovery? I think it's a great thing for those of us in recovery to keep in mind.

Personally, it took me years, more than 5, to fully recover from my eating disorder. But, importantly, during those years, I was growing; the growth just couldn't be seen on the outside. However, I was definitely growing under the surface, my attitudes and perspectives were shifting inside.

Consider this perspective: if all of that tremendous growth had happened in year one with the bamboo, the plant wouldn't have been nearly as sturdy. Wind could have easily toppled over such a tall plant without a solid foundation to support it.

Like bamboo, recovery takes time. Looking back, I believe that my personal recovery is much stronger today, because of the time it took me to grow my "recovery roots." I surely didn't know it at the time, but I was creating a solid foundation so that I could withstand anything that might come my way, and knock me down.

If you're getting frustrated doing the hard work of recovery, please don't get discouraged by a relapse. Even if you are in and out of treatment for years, remember that you are building a foundation of skills, lifelines, supportive communities, and alternative behaviors that will serve to make you stronger, to make you unstoppable in many areas of life.

Don't quit before you and your recovery (like our patient friend the bamboo) grow strong. Remember to keep watering. Keep fertilizing. Something is indeed happening inside, even though you may not see it or feel it.

One day, even if you stay focused on recovery, a trigger might occur. One day you will know what to do. And, better yet, you will do it.

My guess is that you will metaphorically shoot up much more than 90 feet. My hope is that one day, you will be fully, fantastically, recovered.

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.



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



MY 12 STEP STORE.COM

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

Recovery gifts InStyle!

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



Where Do You Find Refuge?



#TakeRefuge

REFUGE RECOVERY CENTERS

is a mindfulness-based, trauma-focused addiction treatment program, based in Los Angeles, providing outpatient care, and highly structured transitional living.

Founded by Noah Levine, our treatment program's curriculum utilizes Buddhist-based mindfulness practices, in combination with evidence-based clinical modalities, including attachment theory and EMDR reprocessing therapy. As clients progress through our program they learn to take refuge in a transformational practice, supportive community, and their own potential to free themselves from the suffering of addiction.

323.207.0276 refugerecoverycenters.com



by: Dano Goldman

HOW I RECOVERED

As a drug and alcohol counselor, former addict, and person that has tried almost every popular intervention suggested as a means to recovery, people often ask me that million dollar question: "What is the best way to stay off of drugs?"

My answer, "Work all twelve steps, like your life depends on it."

This answer is met with apprehension and criticism, but when other methods fail completely to sustain long-term recovery, people are able to open their minds just a bit to the possibility.

For an addict like me even the slight possibility of recovery opens a door of hope, in an otherwise hopeless existence of continual drug use.

The sad truth is that many addicts do not realize that they are beyond human aid. We cannot see what we are really up against. We focus attention on the wrong areas such as maintaining a job, a relationship, an image, a façade. We believe that the right sense of accomplishment, the right therapist, the right treatment facility or medication, getting out of toxic environments or relationships will be enough.

All of these things have been helpful avenues to supplement my recovery. None of them without the twelve steps were enough to sustain freedom from my addiction.

Treatment centers taught me to play the tape forward, in which I would think about the consequences of relapse, and that would possibly deter me from a potentially fatal injection of heroin. The Big Book of Alcoholics Anonymous describes a state where the alcoholic cannot, "at certain times, bring into our consciousness with sufficient force, the memory of the suffering and humiliation of a week or a month ago. We are without defense against the first drink" (AA, P. 24).

I found this description to be painfully fitting. Sometimes I didn't even think to "play the tape forward." Instead someone would hand me a drink, or a joint, and I would thank him or her, with no thought of what was about to, and always had happened in the past.

Other times, my parole agent would warn me, that if I left my treatment center, he would revoke my parole, and a warrant would be issued. As a Jewish kid, named Daniel Goldman, I did not much enjoy the California State Prison system. I walked out of treatment despite the inevitable tragic consequences to follow, not because I am an insane person, but because I suffer from real drug addiction where consequences are insufficient to continually dissuade drug use. Perhaps there is a reason that the DSM 5 lists drug abuse as a mental illness.

What I needed were not better CBT or DBT skills. I did not need to learn to sit through intense urges to use drugs. What I needed were the tenth step promises. I needed to be placed in a position of neutrality, where the urge to use drugs was removed from my life. In fact when done correctly, the twelve steps proved to offer some of the most thorough CBT and DBT skills possible. Steps 10 through 12 had me constantly reviewing my behavior as I went through my day and when I reviewed it at its end. It had me examine relationships with other people from an entirely new perspective.

I have found, as a professional that some people who work in this field have very little knowledge of what the 12 steps actually entail. It is viewed as a sort of group therapy where people go to vent their problems, have another individual make life decisions for them, or simply remember how bad things once were so that they don't return to their addiction.

In reality, this is a process where people transform their lives after getting in touch with a Power greater than themselves, which removes the desire to get high. It is a process where belief in God is not at all necessary. It is a program where people have an experience with The Ineffable. I find it impossible to believe what you don't believe. It is possible, however, to have an experience where something happens to you once you follow the course of action.

Dano Goldman, CADC-II, ICADC, is a founder and owner/operator of Alchemy House Sober Living in the Hollywood Hills, <http://alchemyhousesoberliving.com/>

you can
SET HER FREE
FROM sexual exploitation

Destiny Rescue
rescuing children
destinyrescue.org



VICTIM-HOOD TO VICTORY

November is the time of year where Thanksgiving and gratitude surround us. As the month ends, families get together to celebrate all the blessings in our lives. In Latin America, the beginning of the November is the celebration of our deceased loved ones, and honoring the impact they have had on our lives.

If you have lost a loved one, or this time a year is a struggle for you to think about gratitude, we understand. We each lost a parent during the Fall season which made this time of year challenging. It seemed that each year, we were entering the holiday season with some depression and grief.

We both LOVED these parents. For years, in spite of all the dysfunction, they were our Higher Powers. They meant the world to us, and when they left it hurt. Even though we were close to them there was some unresolved anger and resentment. What do you do when you still have issues lingering with a person that is no longer living?

If you are in a similar experience, whether it is a resentment, sadness, or maybe you still feel like a victim to their way of living - you are not alone. A lot of us may feel that way toward our caretakers. And, when they pass that doesn't necessarily mean our feelings disappear. Often times we may even feel as though our right to feel upset or angry with them has been stripped away, yet we are still carrying pain.

This also doesn't just apply to our deceased loved ones. Unfinished emotional pain and grief exist when any relationship concludes in one's life. As they say, people come in our life for a reason, a season or a lifetime. This season, may we look within to see what we are still holding onto in terms of the past. Believe it or not, we can resolve, complete, heal, and find peace with people whether or not they are open, or engaged with you in your life.

For Rudy, this happened in a profound way. During a workshop weekend for transformation, we were asked to think about anyone we need to forgive and let go of, and the person that came to my mind was my mother, however, she died from a drug overdose about eight years prior to that moment. I was angry with her and resentful of her addiction, and hadn't spoken to her for awhile before she died. And it ate at me. I felt like I missed the opportunity to forgive her before she died. So there I was eight years later with the same feeling. But that day I felt this compelling desire to sit under the tree during a break, and connect with my mother in a way that I had never been able to do. I allowed myself to be guided by a sense of overall forgiveness, and as I began to close my eyes and sit under the tree, a realization came to me that I needed to let her go, not just for her, but mainly for me so I could be free of how "blaming her" for so long was destroying me in so many ways. I realized that I needed to forgive her in order to forgive myself. I didn't accept her all my life. In that instant I forgave her, which was a gift of self-forgiveness for how I treated her. And the moment that happened I was changed forever. Taking deep responsibility for that allowed me to take greater ownership of my life, and relationships with others. I was stepping into being more of an integrated man.

For Kelly, she was able to see that we are all capable of anything given the right set of circumstances and trauma. We are all the darkness and light. It is easy to judge others based on social constructs that tell us what is right, what is wrong, who is good, and who is bad. What is more challenging is to see that we truly are all in this together. My Dad was one of my all-time greatest heroes, as well as my one of my greatest perpetrators. Surviving our relationship required me learning how to be a perpetrator in return. The moment my violence was bigger than his, he left me alone; He was never violent with me again. I learned that if I could master being scary, I wouldn't ever have to feel afraid. I went on to perfect this way of being. It was my way to feel safe. The insanity was that I was completely unconscious, and didn't even know I was afraid, to begin with. I harmed many people in this unconscious state. When I woke up from this unconsciousness the pain around having harmed so many was one that took way longer to heal than any experience of being victimized. The shame was such a heavy burden. I had taken on his role, his trauma, and generations of pain. After he had died it was almost as if keeping that energy alive was keeping him alive. Releasing it was painful, it felt like I was betraying him - but it was necessary for freedom. It took healing both the victim and perpetrator consciousness within me. I forgave both of us. Honestly, he was easier to forgive.

Why it's important for us to complete everything in any relationship (alive or not), is for our sense of freedom that comes with it. When we hold onto something toward anyone, we are the ones who suffer. It's like that saying about resentment. We take the poison, and wait for the other person to die. We suffer. And suffer and suffer. Let us begin to release our attachment to suffering.

Start with gratitude. Start with connecting to what blessings you have in your life, right now. Start by looking at your relationships, and look for the elements that are positive, or things you gained/learned as a result of being in that relationship. This way, when you go into some of the hurt, pain, and resentment you are beginning with the foundation of gratitude. Ideally, on the other side of feeling all the feelings, we can end with gratitude as well.

All relationships come with some sort of struggle at some point. Our most painful ones can be our greatest teachers if we are willing to allow for the spiritual lessons.

Con't Page 22



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

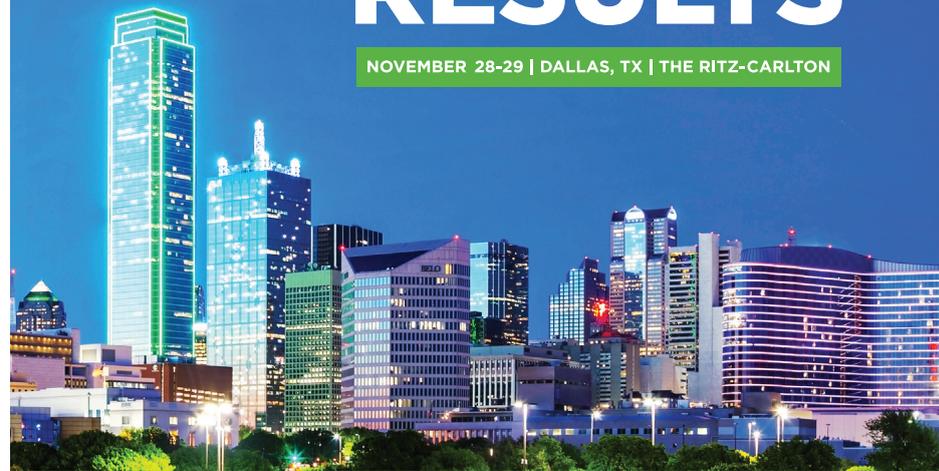
Venice Beach
• Residential for Men

phoenixhouse.org

fe 2017

RECOVERY RESULTS

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

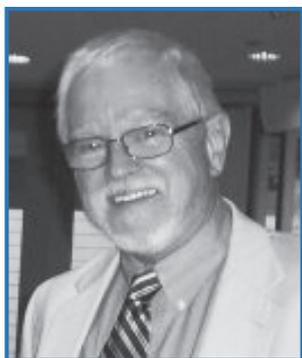


Recovery Results is a conference about meeting individuals where they are and finding ways that will help them stay substance-free and mentally healthy for a lifetime.

For registration and more information, visit FoundationsEvents.com

FOUNDATIONS RECOVERY NETWORK

THERAPIST



#LNR 580311

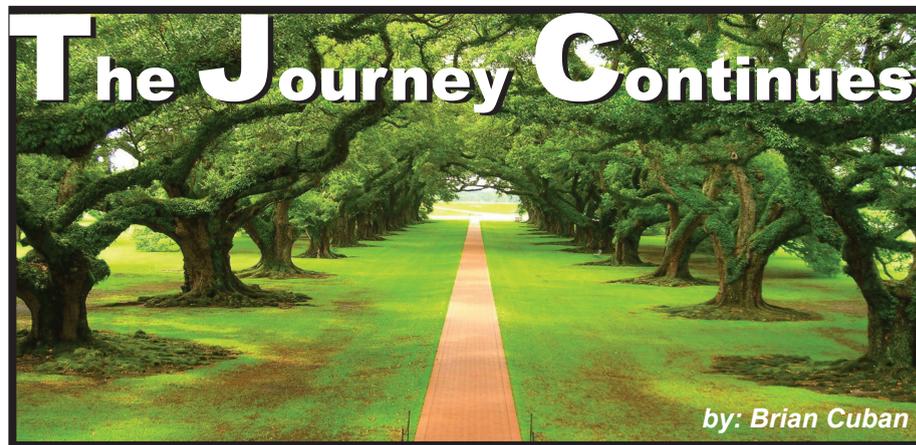
Sam S. Usher
LAADC, CADC II, CEAP

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



by: Brian Cuban

RELAPSE, IT CAN HAPPEN TO ANYONE

Brooke is a first-year law student. After four years of long-term recovery, she relapsed. She is back in recovery, while also continuing to pursue her law school studies. Here is her story and the lessons she learned.

February 15, 2014, was the day I got on my knees in my living room, and did exactly as my sponsor directed me to do to. I was desperate, tired, detoxing, and in fear of losing custody of my daughter in the middle of a contentious divorce.

My sponsor guided me in reciting the 3rd step prayer, and as each word came out of my trembling body, I felt a little bit lighter. I had been in and out of the doors of AA for years, but for some reason that night, it finally stuck. I believe it finally resonated because I had truly reached my bottom. I was out of options, and the thought of losing my daughter was the "gift of desperation" that I needed.

I had always been skeptical of AA, and admit to this day that I believe it is an outdated approach to a disease that continues to evolve in modern times. But that day, I was out of choices. I had tried my way over and over, and it wasn't working. I did exactly as my sponsor instructed me to do. I sent her daily gratitude list, meticulously went through each of the steps of AA, attended meetings every day, began to sponsor others, and started to put my life back together. Within one year, I went from 50/50 custody of my daughter to full custody. The "promises" that AA assured would happen in my life began to take shape.

I started my own PR company, I traveled often, I moved back to Los Angeles (where I had wanted to live before my divorce forced me to relocate to San Francisco to share custody), and I was genuinely beginning to feel whole again.

I decided that it was time to pursue my life-long dream of going to law school to become a lawyer, and legal journalist. Getting into law school itself was a new feat that brought on the stresses of the LSAT, essays, and letters of recommendation. As an entrepreneur and working single mother with no outside help, I knew my status as a non-traditional student would make the journey to law school all the more difficult, but I was up for the challenge.

Little did I know that as I slowly moved away from speaking to my sponsor every day, and attending AA meetings, that I'd lose my sobriety date in the midst of starting my first year of law school.

No one tells you that when you start law school you sacrifice all the normalcy's of your previous life, to put in so much time to reading, studying, briefing, writing, analyzing, memorizing, and essentially living and breathing case law, so that there's little room for anything else. Being the obsessive person that I am, I applied to a two-year accelerated program rather than the traditional three-year program.

The first week of law school, all I was trying to do was understand what to expect, how to study, how to possibly get in the exorbitant amount of reading required, how to glean the important information, and how to navigate the enormous amount of stress, and pressure in our law school classroom. 2Ls would ask, "So who's the gunner in your class?", "The gunner?" I'd say. Was I supposed to be the gunner? Was I doing enough? How was I going to make it all work? I looked around our class and realized that we were all "gunners", eager to speak, looking to impress our professors, "gunning" for the best grades in the class which would ultimately determine our future externship placements, scholarships and job placements. Competition is stiff in law school. I'd say more so than in any other graduate program out there. And the majority of the students in my accelerated class didn't have a company to run, nor were they taking care of a six-year-old all by themselves.

The first couple of weeks the work piled on, the nights were long, and I worked to settle into a routine for my daughter and myself. I'd drop her off at school, go to class, pick her up, make her dinner, bathe her, put her to bed, read/study for four hours or more, and repeat. And those were the easier days, when the routine went as planned.

No one prepares you for the extra papers, random quizzes, extra assignments, much-needed TA review sessions, or the amount of stress that swirls in the rooms as the pages of reading pile up.

A much-needed weekend was around the corner my second quarter in. I hadn't been to an AA meeting since I started law school (there was just no time), and I decided that a beer while I watched one of my favorite television shows wouldn't hurt.

In reality, I had been making that reservation to drink long before that weekend. The idea popped into my mind the first time all of my law school friends decided to hit the corner bar after our first week of school. After a stressful week, when Friday came around, cocktails were on everyone's mind...so much so that the weekly Friday bar jaunt became a routine for my law school classmates. I'd join for a bit before I had to pick up my daughter, partake in a soda water and lime and head out. The soda water and lime became a "virgin margarita" or a "non-alcoholic beer."

Con't Page 22

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.DawnPessoTherapy.com

Call (310) 430-3327



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



MARY COOK

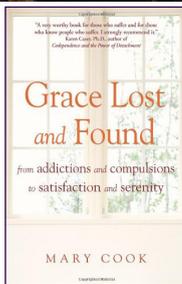
ADDICTION SPECIALIST COUNSELOR

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



WAS GAMBLING A FACTOR?

"My first and foremost thoughts as I write this article are to send love, prayers, and condolences to all of those victims, and the families suffering a loss of loved ones by another senseless shooting. I wish a speedy recovery for all those who were injured. To those wounded, I want to say, PLEASE, if you begin to experience any delayed trauma or symptoms of PTSD, do not hesitate to reach out for help. There is NO SHAME in doing so. Know you are loved and not alone. The world and I have you in our prayers," ~Author, Catherine Lyon

Was gambling a factor in the Las Vegas shooting? I will only use the word "shooter" as I write this article, as I cannot bring myself to write or say the shooter's name in respect to all who got caught in this senseless mass shooting. I read articles courtesy of "The New York Times", and the "Los Angeles Time" about the shooter's gambling patterns, habits, behaviors, and how he had been risking money for years. The more I read, and the more I heard, coming from news reports, my gut feeling was telling me that this disgusting man may have had a gambling problem.

For the person who is not educated, or informed about gambling addiction, they may not see the same warning signs and red flags that I did, or others who have, or who are recovering from this deadly addiction. While detectives and FBI profilers grapple with finding the motive, or the "WHY" the shooter had killed, I think his gambling played a role in some way. Even CNN and MSNBC happen to make a few 'off the cuff' remarks about the shooter's gambling, but not in a way that would link it to be a factor in what this disturbed man carried out.

They mentioned he was a multimillionaire, and a "high stakes" gambler, recognized in the casinos in Nevada. A gambler who made many trips to gambling destinations like Reno, Vegas, and gamble on cruise lines. He liked playing \$100 dollar a hand on video poker machines. But even millionaires can run out of money when addicted. Millionaires also carry out crimes and murder. One particular article recalled one time in 2007 the shooter stayed at the Mandalay Bay, and entered a video poker machine contest. The man that had been sitting next to him, was interviewed and told the Los Angeles Times about that day. "The shooter wanted to win and, he knew which machine to lock down. There was only one in the casino, a Jacks-or-better 9-6 video machine, meaning it offered the casino only a slim advantage. The casino was having a contest for a \$100,000 drawing, and players based on the amount of their play the next day, would get tickets to enter. He got ready to work." The shooter looked at his gambling habit as work?

"There sat the shooter. Not playing the machine, just sitting there. Waiting. The man interviewed settled into the poker machine next to him, and waited for midnight. At midnight the shooter hit the machine lightning quick, going at a rate of \$120,000 per hour. He barely spoke said the guy, and they both played 24 hours straight that day." (Courtesy of the LA Times)

WOW, playing 24 hours to gain tickets for just a \$100,000, drawing and spending \$120,000, per hour? Do the math, and the shooter takes a big loss. So, was it really fun and games for the shooter when he played? Was it just numbers for him? Was it he just had to WIN? Or was he chasing some loss? Many of the reported actions of his behaviors, stood out to me as a gambling addiction. He acted in an "isolated mood" often around others, not socializing with others around him, his gambling was like "his job."

See, compulsive gambling begins as a slow progressive disease, much like an addiction to alcohol or drugs. In many cases, the gambling becomes hidden and they only "brag" about winnings, not the losses. The gambler becomes unable to function without gambling, and the player begins to exclude all other activities from their lives. They experience the inability to stop, being able to remove themselves from reality, eventually to the point of being totally obsessed with gambling.

Some experts are saying there is no known bond between the shooter's losses and violence. Oh, but the shooter did Commit Suicide! And gambling addiction is **The #1 Addiction Claiming Lives by Suicide** than any other addiction! Another red flag.

In the wake of this atrocity, WHY does the gambling industry keep sweeping events as this, possibly related to gambling addiction, under the rug? Why does the news media, not write about the many downsides to problem or habitual gambling?

Another casino tragedy unfolded In June in the Philippines. So this problem is not just in the US. Casino gaming history has been riddled with stories of "wealthy high-rollers", who eventually hit bottom, and the casinos haven't always been willing to acknowledge the devastating impacts their product's use, has on a small percentage of compulsive and addicted players. Desperate casino bust-outs, mired in debt, dysfunction and untreated illness, commonly attempt suicide, which most succeed.

Sadly, I know this from my experience as I had two failed attempts myself, due to my gambling addiction before being treated.

The shooter's brother told reporters last week, "He gambled for more than 20 years. He gambled successfully. He did it because it was a way to have a fun life, and he didn't go poor or broke doing it."

Well, sorry, I would have to disagree. If gambling brought so much fun into the shooter's life, why did he feel the need to KILL, and then cowardly KILL himself? Had he finally hit his "rock bottom?", I guess we won't know for many weeks to come. Now that investigators have served many search warrants on the shooter's financial holdings and assets, I am sure we will get those answers. Had he blew through all his millions?

As a recovering addicted gambler, I know just how fast it happens. No one is immune to the dangers of gambling addiction. The killer was just as human as anyone else.

Because you think you can afford a gambling habit, does not make you immune to becoming an addict. If he wasn't having money problems from his gambling, then maybe his long-term gambling took a mental and emotional toll on him. Gambling addiction is a 24/7 addiction. Even after you walk away from the slot machine or video poker machine, a card or craps table.

It is exhausting, I know, from personal experience. Many coming into treatment have mental health issues. All the obsessive gambling had depleted my brain of a chemical that triggers your "pleasure and reward" area of the brain. I was put on anti-anxiety medication as I was in "high mania" mode, when first coming to the crisis center, and after my hospital stay from my first suicide attempt which was not my last. That is how bad I had spiraled down into "blackness." Of course, I was severely depressed as well.

So as I close, let us remember that many families and loved ones are holding funerals and memorials, for their loved one who were taken to soon and in a senseless way. This article is NOT about the shooter. It is about the disease, a deadly problem going on called Gambling Addiction and why the news, media, and publications won't acknowledge it or even talk about this issue? It's about why the FBI or investigators are not looking into this angle?

The time is now to have a conversation about something that is not "All Fun and Games" for many. Again, our condolences to those families who have lost loved ones.

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



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

Does an Attitude of Gratitude Affect Recovery?

by: Rita Milios, LCSW



With Thanksgiving quickly approaching, many of us may be reflecting on people and circumstances in our lives that we are grateful for. Examining our feelings of gratitude is certainly a nice thing to do.

At times when it is all too easy to focus on the things that are not going right in our lives, it is good to remind ourselves that we do have things to be grateful for, and to be appreciative of the people who are associated with those things. Now, science is giving us even more compelling reasons to cultivate an attitude of gratitude.

Research from the Greater Good Science Center in Berkeley, California, tells us that grateful people are more optimistic, more in control of their lives, can deal better with challenges and have less stress than people for whom feelings of gratitude seem to be lacking.

Robert Emmons, Ph.D., Professor of Psychology at the University of California, Davis, has made the study of gratitude a focus of his work. He says that people who consistently maintain a sense of gratefulness report a number of personal benefits:

PHYSICAL

- Stronger immune systems
- Reduced sensing of aches and pains
- Lower blood pressure
- Increased interest in exercise and taking care of health
- Better, more restful sleep

PSYCHOLOGICAL

- Increased levels of positive emotions
- of being more alert, alive, and awake
- Increased sense of joy and pleasure
- Increased feelings of optimism and happiness

SOCIAL

- Increased desire to be helpful, generous, and compassionate
- Increased feelings of forgiveness
- Increased interest in being outgoing
- Reduced feelings of loneliness and isolation

Studies by Emmons and others, including researchers from Indiana University, led by Prathik Kini, who gave study participants a “Pay It Forward” gratitude task and measured results in a brain scanner, found that gratitude is “likely a unique emotion... akin to empathy or consideration of another’s point of view, but {having } more of a pro-social component... gratitude motivates and reinforces the making of choices that lead to mutually beneficial behaviors for those involved; it also lasts longer and can be “trained” – like a “gratitude muscle.”

THE IMPORTANCE OF GRATITUDE IN RECOVERY

Alcoholics Anonymous (AA) describes attaining serenity and gratitude as two of the most characteristic markers of success in the AA program. An AA Grapevine article states that “gratitude and serenity are two sides of the same golden coin of sobriety.”

In the book, Practice These Principles, author Ray A., a recovering alcoholic with 32 years of continuous sobriety in AA, describes gratitude as “an emotion-virtue {that} disposes us morally to act right and emotionally to feel right, to do good as regards others and to do well as regards our {own} mental condition.”



Have a beautiful thanksgiving holiday

DEVELOPING AN ATTITUDE OF GRATITUDE

So how can we flex and strengthen our own “gratitude muscles”, so that we can develop and sustain the ongoing “attitude of gratitude” that will provide us, and others so many positive benefits? The Greater Good Science Center offers the following suggestions:

- Record feelings of gratitude daily in a Gratitude Journal
- Make a Gratitude List each morning
- Practice Meditation / Prayer
- Demonstrate gratitude in your interaction with others
- Choose to focus on noticing the good, versus the bad, in everything you see and experience
- Talk with others about what makes them feel grateful

When relating your gratitude efforts to your recovery, consider these ideas:

Gratitude is a great antidote to self-focus and a “poor me” attitude.

During recovery, it is natural to focus on one’s self and all the difficulties, and challenges that are inherent in the process of becoming sober. It is easy during this naturally self-focused state to fail to remember that other people who are assisting you, and encouraging you in your recovery efforts deserve to be acknowledged and appreciated for their concern, and helpful actions. By making it a point to practice conscious, deliberate awareness of gratitude-worthy actions by others, you can not only give people the appreciation they deserve, you will also be strengthening your “gratitude muscle”, which will benefit you in recovery and in life in general.

Gratitude teaches you to focus on what you want, not what you don’t want; on what you are becoming, versus what you have been.

Recovery is often referred to as a journey, not a destination. During the journey, every step along the way can and should be a source of greater hope, and optimism for the future you are working to create for yourself. So often, the need to overcome hurdles, solve problems and be watchful for potential pitfalls can keep one focused too closely on the downside of the recovery process—the sometimes painful personal work that is necessary to make change happen. Practicing gratitude allows you to “switch gears” mentally, and see the positivity and hopefulness in the process. Through this change in perspective, you can renew your strength and regain momentum to propel you toward your goals.

GRATITUDE-ENHANCING TOOLS

Keeping a Gratitude Journal and making a daily Gratitude List are excellent ways to put into practice your intention to strengthen your gratitude muscle. In his research, Dr. Emmons found that the following tips were useful for helping participants get the most value from their Gratitude Journals:

- Start with a conscious decision. Choose to begin noticing things you can be grateful for.
- Go for depth over breadth. Consider writing in your journal more fully and specifically about one thing you are grateful for each day, rather than trying to attest to every single thing you appreciated that day.
- Focus on the people involved, and be mindful of the impact their kindness or generosity may have had on you, more so than on the actions involved.

PRACTICE THIS GRATITUDE MEDITATION:*

• Take a few deep, calming breaths to relax and center yourself. Let your awareness move to your immediate environment and notice all that is around you. As you notice each thing, say to yourself: “For this, I am grateful.”

• Next, bring to mind those people in your life to whom you are close—your friends, family, partner... As you think of each one, say to yourself, “For this, I am grateful.”

• Now turn your attention to yourself, remembering that you are a unique individual, blessed with imagination, the ability to communicate, to learn from the past and plan for the future, to overcome any pain you may be experiencing. Say to yourself: “For this, I am grateful.”

• Finally, rest into the realization that life is a precious gift. Be grateful for any gifts of health, support, and all spiritual blessings. Say to yourself: “For this, I am grateful.”

**Adapted from a meditation in: Buddhism: Tools for Living Your Life by author Vajragupta (Richard Stauton)*

*This article first appeared November 22, 2016, in Recovery.org. Rita Milios, LCSW, *The Mind Mentor*, is a psychotherapist and workshop presenter from Kissimmee, FL. She is a regular contributor to several online recovery magazines. She can be reached at ritamilios@gmail.com or through the web portal Link to EXPERT (RitaMilios.linktoexpert.com)*





Affordable Therapy Project

We're organizing mental health professionals to provide care for victims of natural disasters, survivors of national crisis, and high risk communities.

Learn more at thero.org/affordable-therapy

- Active Duty Military
- Military Families
- Experiences of Racism
- Exposure to Domestic Violence
- Exposure to Police Violence
- First-Responder Traumas
- Incest Survivors
- Opioid Crisis Victims
- Natural Disaster Survivors
- Sexual Assault Survivors
- Survivors of Las Vegas Attack



SUPPORTS IN RECOVERY

Have you ever experienced or known someone that attempted to recover from addiction on their own? I once worked with a young man that had an active opioid addiction. Like most users, he found himself becoming more isolated as his addiction grew worse. By the time he came to see me, he had just lost his long-term girlfriend and his sober friends wanted nothing to do with him. The friends he did have were also active users, which he was smart enough to know, were not going to be much help in his recovery. As he was contemplating getting clean and sober, he was realizing how little support he actually had in his life.

His response to this dilemma was to try to travel the recovery journey by himself. He took the position of "If people don't want to help me in my time of need, then I don't need anyone". This attitude of "I can do anything", is not rare for some people in recovery. As you get on track, the belief that you can do things on your own strengthens. Alternatively, you may feel that asking for help is a sign of weakness. Either way, not developing or then relying on your support systems can have consequences. Going it alone might sound good when you are in a program or outpatient setting, but whom we lean on for ongoing support in the next phases of the recovery process, can drastically lower the risk of relapse.

This is why I often explain that the recovery process is like a construction site in need of careful planning. You get to choose what that construction (sober lifestyle) looks like, but like any construction site, it is not something you build by yourself. There are many people playing a support role in the process, and the selection of that support system is critical to the success of your sobriety construction plan.

These supports are an important step in the process of overcoming addiction and maintaining sobriety. Addiction seeks to isolate, and only allows you to interact with those that support your addiction. Typically, as your addiction gets worse, so does your isolation. Addiction isolates you from friends, families, positive experiences, your financial stability, and affects your general health and wellbeing.

In a sense, developing a support system promotes the opposite of addiction. Rather than isolate, you integrate into a life of health, wellness, and relationships with those who are a positive influences on your sobriety. Your supports teach you to voice your struggles, and give you an opportunity to talk through your challenges.

Here are some important considerations when developing the right support system for your recovery:

1) Lifestyle factors. What you do in your spare time, who you spend time with, and where you live can and probably has influenced your substance use. To put yourself in the same risky situations will only serve to increase the chances of relapse. Making changes in these areas can help you in your sobriety by developing a new support network. Engaging in group activities and/or spending time with friend groups that encourage your sobriety, can provide new outlets and lead to positive lifestyle changes.

2) Re-Engaging past leisure activities. It is not uncommon for addiction to pull people away from activities they once enjoyed. This happens because as your substance abuse becomes more severe, it replaces the things you once valued. In some cases, the substance becomes the thing you value most. As long as engaging in the activity does not create a risk for relapse, rediscovering past leisure activities can help prioritize your mental, physical, and emotional well-being. This is also an opportunity to create new supports, or reconnect with old friends that can be a support system to you now.

3) Engaging in new leisure activities. Recovery is an opportunity to look at ways you can reinvent your life. This can include trying new activities that can connect you to a new set of people, increase your self-esteem, and encourage a healthy lifestyle.

4) Identify individuals that will support you in recovery. Specifically, you want to select those that have the time and availability to meet with you if you need them, people who are responsible to follow through, those committed to assist you, those who can give you honest feedback, and those that have a positive attitude towards a sober lifestyle.

In addition, you will want to identify supports that can help you overcome obstacles. There are going to be times when you are triggered to use or have lapses, and having someone to talk to that understands the process can be helpful in overcoming it.

5) Avoid individuals who are not supportive. Avoid using as a support those who might encourage you to maintain your old lifestyle, those whose own lifestyle may encourage you to use, and those who do not value positive relationships and behavior.

6) Find Community Support Groups. Groups provide a great deal of social support and connection. Whether it is an AA group, therapy group, leisure activity group, or religious group, the social support component can go a long way in helping to prevent relapse and have the added benefit of greater self-esteem and fulfillment.

Reinventing our lives can be challenging. Developing the supports and relationships that help overcome those obstacles, helps you to live the sober, healthy, fulfilling life you deserve and desire.

Cory Brosch is a licensed Marriage and Family Therapist. He is currently the Regional Director of Quality Resources and Patient Care for Phoenix House and has worked in the addiction field for the last 10 years. He also works part time in private practice, specializing in Addiction Disorders. www.PhoenixHouse.org.

HOPE OF THE VALLEY RESCUE MISSION

The Great Thanksgiving Banquet



On **Wednesday, November 22nd, 2017 the day BEFORE** Thanksgiving, Hope of the Valley will provide the largest Thanksgiving Meal in the Valley at our Help Center in Van Nuys! Homeless individuals, and people in need, will be bused to the Center from all over the Valley to enjoy a gourmet Thanksgiving Meal with all the fixings. **NO ONE** will be turned away!

We need your help to make it happen!

We need 100 table sponsors to help offset the cost of feeding so many hungry people.

The cost to sponsor (1) table is \$300.

We need your help to make it happen Call NOW!

818.392.0020 • www.HopeOfTheValley.org



HAUNTING MEMORIES TRANSFORMED

I was a heroin addict the last time I walked the sidewalks of this California beach town. I ruined my relationship with the girl of my dreams, but recently got a second chance to do it over.

While the town is outwardly beautiful, I worried about how I would react passing by, once again, the street corners and hang-outs that haunted my memory of this place.

My girlfriend, Jess, suggested that together we could transform these locations, by returning there with gifts and joyful hearts. We loaded up her truck with flowers to give away, bottles of water to hand out, and a stack of yellow paper with inspirational messages printed out for anyone, who looked like they could use a new perspective on life.

The first stop confirmed the brilliance of this idea. We parked next to a small home where I previously bought dope. The mailbox was right next to the sidewalk, so we placed inside the yellow motivational message, some flowers, and a personal note of forgiveness to let the man know how his dealing of heroin had affected one of his customers.

We said a prayer, lingered awhile kissing at the front gate, and when we turned to leave, my girlfriend exclaimed, "Look at those elephant ears! I used to grow those back in Florida."

Then a woman's voice came through the open front door saying, "You like my elephant ears?"

"Oh, yes," replied Jess, who began to engage a kindhearted woman in chatter about gardening. The small yard was well-tended with a variety of tropical flowers, and shrubs that she described for us.

"Do you want to take some home? They are growing all over the place," she said as she pointed to all the baby elephant ears that had sprung up around the porch.

Jess was thrilled and entered the gate to go look. The middle-aged woman, who we'll call Deborah, grabbed a small silver pail and a trowel, and began digging out three little baby plants from the dark, rich soil. She said her mother-in-law, who owned the home, was sitting in a chair just inside the door, and saw us as we walked up to the mailbox.

While she dug, I grabbed the flowers from the mailbox, which she likely hadn't noticed, and waited to hand them to her as a gift in return. Then, my girlfriend asked if we could get a photo to remember this amazing moment on Peach Street—which now held a significance that Deborah might never know.

We walked away in a giddy daze, quite stunned at the lovely turn of events, and we knew that whenever we drove past this house in the future, we would remember the blissful encounter with Deborah.

Transforming a traumatic memory by revisiting the location, and creating an alternate reality was a great idea! We moved on to a bus stop, where we met a homeless man, gave him snacks and water, and engaged him in a long conversation, vigorously shaking his hand before hopping back into the truck.

Next was a park where drunks and junkies hung out; also on site were a couple families and teens just playing basketball. We brought a neon yellow frisbee to help re-engineer the energy of this place, and began running and tossing it back and forth. After 20 minutes, we handed out more water, snacks, blessings and inspiring words. With his wife sitting in a lawn chair next to him holding the flowers we'd just handed her, a large man named Frank gave my girlfriend a big bear hug, and assured me that all it took to stay clean was a strong connection to the spiritual being within my own heart.

At one of the last stops, an Alcoholics Anonymous hall where I used to attend meetings—but also get into trouble—we found that a gorgeous new arts center had sprung up next door. Out front was a fierce ten-foot high metal sculpture of a dragon, and a bird that overlooked the sidewalk. It was a fitting symbol of rebirth.

Quenching the addictive fire in my personality was something I had been striving to do for many years, and bird watching was a hobby I'd shared with my beloved, whenever times were good.

The dragon is a symbol of power, strength, and good luck for people who are worthy of it. If I can remain honest and disciplined, I think I can finally believe that I am worthy, no matter what street corner I find myself on.

Submitted by author of Good News Network. GNN.org



INTENSIVE OUT-PATIENT TREATMENT CENTER

At Awakenings Treatment Centers We Treat

- Trauma/Depression/Anxiety •
- Chronic Pain Management •
- Binge Eating Disorder • Addiction •



At Awakenings Treatment Centers, we passionately believe in treating the whole individual: body, mind and spirit. We provide our clients with cutting-edge neuroscientific treatment technologies while maintaining the dignity and respect that every individual deserves. We are Pet Friendly.



Awakenings is Founded on proven, effective medical and therapeutic practices.

Please Call Awakenings Treatment Center

Today for a confidential phone assessment.

855.717.3268

www.AwakeningsTreatment.com

In-Network with Anthem & Accepting PPO Insurance



HEROES
in RECOVERY
6K Run/Walk

San Diego, CA
De Anza Cove Park

9 AM | 11.18.17
\$1,500 prize purse!

Register at HEROES6K.com

FOUNDACTIONS HEROES in RECOVERY SCRC FOUNDATION

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, KPFF Radio show Host, Def Poetry Jam, The Philip Glass Center

MUSIC
Peter DiStefano
 Porno for Pyros
The Damages (Wes Geer, Nate Lawler)

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

PLUS PERFORMANCES BY COMEDIANS
Greg Baldwin, Sarah Hyland, Dustin David, and Adam Gropman

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

this is my BRAVE

ROCK TO RECOVERY

the You Rock foundation



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.



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 NOVEMBER 18TH 2017: SFVYPAA Super Bowl (Flag Football Tournament) North Hollywood Park, 5125 Tujunga Ave. North Hollywood, California. Team Registration 9:30am to 10:30am. Meeting at Sun-down, Suggested Donation \$55 Team / \$8 Individual. BBQ \$5 all Day!

WEDNESDAY NOVEMBER 22 & THURSDAY NOVEMBER 23RD, 2017: Unit A's 2017 Thank-A- Thon. Meetings, Food, Fun, Fellowship and Famous 50/50 Raffle. Meetings start 11/22 6pm until 10pm, Continue on (Thanksgiving Day) 11/23 7am until 6:30pm. UNIT A - 10641 Burbank Blvd., North Hollywood California 91601, 818-505-1905.

THURSDAY NOVEMBER 23RD, 2017: Thanksgiving day dinner you are NOT ALONE, Dinner Starts at NOON, Thanksgiving Day Dinner and followed by a Gratitude meeting at Radford Hall 13627-1/2 Victory Blvd., Van Nuys, California.

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.

43RD ANNUAL SAN FERNANDO A.A. VALLEY CONVENTION - FRIDAY JANUARY 26, 27 & 28 2018: Alcoholics Anonymous Convention, Warner Center Marriott, Woodland Hills, California. A.A. / Al-Anon / Ala-teen. Marathon Meetings, Golf Tournament, Friday Night Dance, Saturday Night Banquet/Dinner, Sunday Morning Spiritual Breakfast Meeting. www.sfvaaconvention.com. Convention Hotline (818) 734-0383.

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



That Piano Lady Music Studio

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

818.319.2252

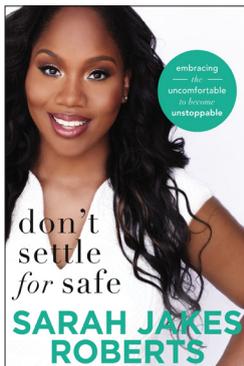
www.thatpianolady.com

Book & Video Reviews



DON'T SETTLE FOR SAFE, Embracing the Uncomfortable to become Unstoppable: Author Sarah Jakes Roberts, is a business woman, bestselling author and media personality. Published by Harper Collins.

Are you paralyzed by a loss, a secret pain, guilt, from mistakes you have made, or maybe insecurities and fears from your past? You have gotten use to life as it is, you feel safe even if you are not really happy. If you are ready to be open and honest with your feelings, identify your mistakes, and are ready to do the work that is needed to bring change into your life, then read this book it will help you break free of all that things that are holding you back. Sarah's willingness to be honest but gentle, in her way to correct you, is something I've never felt before while reading a book. Sarah gets to the heart of most of our issues by reminding us that, regardless of what we have done and how we may feel about the paths our lives have taken, God still loves us. She masterfully yet gently, from one having experienced life's tough spots, connects our belief in God's unending love to our success in cultivating love in our intimate relationships. This book is not only a testament to God's love for us, it is also a guide with practical advice to help us strengthen our personal relationship with God. I only wish I would have read this book in my early years, Sarah has wisdom beyond her years. She tells the truth with staggering vulnerability, for no other reason than her passion to help others understand their value in Christ.

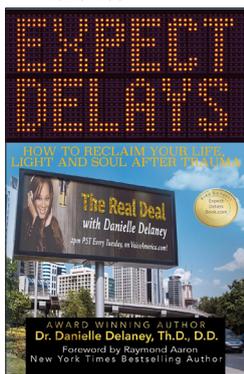


I am in awe by the wisdom, revelation, and transparency in "Don't Settle For Safe". A must read for every male and female that desires to live life to its fullness. Available at www.Amazon.com.

EXPECT DELAYS: How to Reclaim Your Life, Light and Soul After Trauma. Written by, Dr. Danielle Delaney Th.D. Published by Raymond Aaron Group.

This is the BEST book I've read all year. Danielle's writing speaks from her vantage point of her formal education in psychology, addiction/recovery aftercare and theology, combined with sharing the depth of her own deeply personal experiences of trauma and spiritual healing. She also hosts her international worldwide radio show, "The Real Deal With Dr. Danielle Delaney" from this unique and very open perspective, and she operates her private practice (Danielle Delaney Counseling, Inc.) in this same way.

I actually cried when I read her story. I cheered when I read about her healing, and that she never gave up...no matter what. She lays out her heart and soul. Sharing her experience, strength, and hope, with us as she leads us into her life. Once we know her, and trust her, she leads the reader into their own personal healing.



Danielle gives the reader permission to take their time to heal, to feel whatever they feel. Dr. Delaney explains about the lasting affects of PTSD. She gives us a road map as to what might happen, as one starts to heal from trauma. She explained to me, "That was truly my point in writing it...to help those who feel alone and misunderstood and isolated by what has happened to us." Her website (www.ExpectDelaysBook.com) has downloads for all types of resources and worksheets FOR FREE.

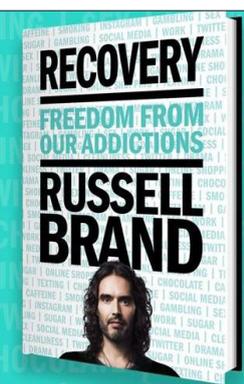
This woman cares to a depth I have not seen before. Once a victim, now a warrior. Danielle gives clear cut directions on what worked best for her. The most important message - do not give up, you are not alone anymore. This is a must read for everyone. Available at www.Amazon.com, ExpectDelaysBook.com, and at www.DanielleDelaneyCounseling.com.

RECOVERY, Freedom From Our Addictions. Written by Russell Brand. Published by Henry Holt & Company.

I had the privilege of meeting Russell Brand at a book signing, and speaking event at the Friendly House last month. When I spoke with Russell he was very engaging, open, honest and loved our newspaper.

This book is an accumulation of years of pain, and the anguish of having an addiction, trying to maintain a professional image, while not reflecting the inner turmoil that was masked by his comedic humor on the stage or on camera. Russell has a unique way of taking the reader through the 12 Steps, followed by an exercise to give an overview of the steps from a sensible and practical standpoint.

Russell delivers all of the insights and applications from his heart felt determination to help all to succeed, the read is very insightful, entertaining and hits the heart strings pretty hard. I thoroughly enjoyed this book, a must read, Russell's talents transcend from being an actor and comedian to be a prolific story teller and guidance teacher, in a matter of speaking. Available at www.Amazon.com.



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

SUNDAY, 12PM to 5PM
December 3RD, 2017
SALE & FUNDRAISER



RADFORD HALL ARTS & CRAFTS HOLIDAY SHOW



Paintings, Photography, Candles, Terrariums, Jewelry, Stain Glass, Clothing, Tie Dyed, God Boxes, and so much more.

Various local artists will be selling their works, a portion will go to Radford Hall.

Show Followed by the 6pm meeting

13627-1/2 Victory Blvd., Van Nuys California 91401

or More Info Call (818) 427-5552

In support of the
**Oasis Women's
Recovering House**
we present...

COMEDY NIGHT

Adult Comedy • A night of nonstop
laughter, exciting raffles, and more!
**COME HUNGRY • We will have our
Famous Nachos & other snacks available.**

**Saturday, 7:PM to 10:PM
November 18th 2017**

LOCATION:

The San Fernando Valley, Arts & Cultural Center
18312 Oxnard St, Tarzana, CA 91356

Tickets \$10 donation

For more info call 818.362.0986

Classified Ads

Box Ads

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

HAUS RECOVERY SOBER LIVING: A Structured Sober Living in Santa Monica, California. Welcome to 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

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.

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

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

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.lacoaa.org (323) 936-4343 (800) 923-8722.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

CEA-HOW: 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 Recovery Groups are free & open to the public. Thurs. 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 info. visit www.centerfordiscovery.com

Greysheet Anonymous: Recovery 12th Step for all eating disorders. Greysheet.org, 310-245-6441, cell 310-445-7709, Linda L. Meeting Saturday AM 8:45-10am. Farmer's Market Community Room.

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.ocfdoundation.org (617) 973-5801.

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

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

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

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

Pills Anonymous: (PA) www.pillsanonymous.com

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

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

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

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

Sex & Love Addicts Anonymous (SLAA): www.slaalosangeles.org (323) 957-4881.

Sexaholics Anonymous (SA): www.sa.org (866) 424-8777.

Sexaholics Anonymous (SA): www.sasocal.org (310) 491-8845.

Sexual Compulsive Anonymous: www.sca-recovery.org 1 (800) 977-HEAL.

Sexual Recovery Anonymous (SRA): www.sexualrecovery.org (323) 850-8565.

S-Anon: (Friends and Families of Sex Addicts) www.sanon.org (800) 210-814.

SHARE: www.shareselfhelp.org (310) 846-5270.

Survivors of Incest Anonymous: (410) 893-3322. www.siaawso.org

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

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

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

EMERGENCY HEALTH & MENTAL SERVICES

AIM HealthCare Foundation, physical & emotional needs of those who work in adult entertainment (818) 981-5681.

Armenian Relief Center, Prevention of drug/alcohol abuse (818) 242-2390.

Because I Love You, Nationally Known Parent And Teen Support Group. (818) 882-4881 or www.bily.org

County of LA Depart. of Mental Health has complete listing of mental health providers at www.dmh.co.la.ca.us/providers/allprov.htm, (800) 854-7771.

Fetal Alcohol Syndrome Information (626) 793-7350. HHS The U.S. Dept. of Health & Human Services, www.dhhs.gov (877) 696-6775.

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

HOPE OF THE VALLEY (Mission Hills) Recuperative Care Shelter (818) 392-0020.

National Alliance on Mental Illness (NAMI) San Fernando Valley Chapter, Free www.nami.org (818) 994-6747.

National Runaway Switchboard (800) Runaway. San Fernando Valley Counseling Center, affordable mental health services (818) 341-1111.

FOOD AND FINANCIAL ASSISTANCE

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

MEALS SERVED & SERVICES OFFERED:

Homeless Shelters listed most have food programs.

THE MIDNIGHT MISSION meals 3 times a day (213) 624-9258.

HOPE OF THE VALLEY (Van Nuys) - Victory Blvd. & Tyrone - Monday Thru Friday 12:15pm. call for more info (818) 392-0020.

SAN FERNANDO Valley Rescue Mission: (818)785-4476.

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

FOOD BANKS

APLA's Necessities of Life Program 7336 Bellaire Ave., N. Hollywood, 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.



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



Children either then lose their own interests, or feel pressured to do things solely to earn acceptance or attention from family. In both cases, children lose their joy and their quest to discover meaning in their life. When family responds with negative feedback, shaming, or denies support or interest, children feel inferior to and distrusting of the tasks they wish to pursue. Even if they rebel against this, the pursuit at this point is out of fear, anger, and pressure to prove something, which again means the trust and the joy of doing, and of learning more about self and life is gone.

Recovery offers continuous creative and functional possibilities for personal growth. Addicts are taught to pass on to others, that which helps them to feel positive and valued. They learn that a healthy relationship with themselves, others and a Higher Power allows them to engage in tasks and activities with gratitude, and happiness. Alternatively, workaholicism, perfectionism, and high success and fame in tasks, without the inner riches of these healthy relationships, is hollow. Recovery offers a home and family to heal the harm of the past and build a new foundation that celebrates success, and assists in meeting and recovering from life's challenges. Healthy trust is realized within self, others, life and God.

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



During this Thanksgiving season see if there's something you can be grateful for that may not be so obvious. Maybe a trauma that resulted or can result in triumph. Or, a victimization that can be transformed into a victory. Possibly even profound shame that can be turned into extraordinary shine; The kind that brings so much light into the world, others have no choice but to heal.

Bless you, and Happy Thanksgiving, Rudy and Kelly Castro, Conscious Partnership Coaching

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. They facilitate groups in exceptional treatment centers such as The Villa Treatment Center, Inneractions, and PAX House. www.consciouspartnershipcoaching.com



Before I knew it, I was grabbing a six-pack of Corona on my way home one weekend, to be able to finally relax alone in the comfort of my home without any of my classmates ever having to know.

But as true alcoholics know, it's never just one beer or a six-pack. My second quarter of law school, my relapse kept me out for four days of classes. I felt guilt, shame, and was afraid I might have missed too many classes to get back on track. I quickly reached out to my sponsor and others in the program and asked for help. I got back to school immediately to catch up on my work, and I found that the Dean at my law school was there to help rather than reprimand or shame me.

"Relapse is a part of recovery," they say... but those couple of days back in class brought the stigma, and handcuffs of guilt that haunt many in recovery. I worried about what my classmates may think, if I could still remain on top in my studies, or if I had ruined my reputation.

Then I forgave myself, and I let go as I did that day I got on my knees. I was grateful my relapse didn't end in my losing my place in law school, or my losing myself. I had to put it all in perspective, and learn to take it one day at a time again. I went to a meeting that night, found some meetings for those in the legal field, and have started back on my steps. After experiencing my first relapse in three-and-a-half years in my first year of law school, I realized that while my law school career takes work and priority, my sobriety must always come first. And today, it's okay if I don't get all of the reading done, or my analysis in my essay isn't perfect. I can handle it all if I reach out for support, and I take it one day and one step at a time.

Brian Cuban (@bcuban) is The Addicted Lawyer. Brian is the author of the Amazon best-selling book, The Addicted Lawyer: Tales Of The Bar, Booze, Blow & Redemption (affiliate link). A graduate of the University of Pittsburgh School of Law, he somehow made it through as an alcoholic, then added cocaine to his résumé as a practicing attorney. He went into recovery April 8, 2007. He left the practice of law, and now writes and speaks on recovery topics, not only for the legal profession, but on recovery in general. He can be reached at brian@addictedlawyer.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.



COME CELEBRATE NEW YEARS EVE AT RADFORD HALL

Start the night off with a wonderful Meal

6:00 pm Italian Dinner \$10

Then enjoy a SURPRISE Guest Speaker

8:00 pm A.A. - Open Meeting



Finally Bring in the New Year
with all your Friends 10:00 pm

Clean & Sober

New Years Eve Dance \$10

Featuring: D.J. Nicole

All Proceeds go to keep the doors open at Radford Hall

Tickets go on sale November 15th - This event will sell out!

December 31st, 2017

Radford Hall

13627-1/2 Victory Blvd., Van Nuys, California