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January 2018

KEYS TO RECOVERY — NEWSPAPER, INC. —

REDEMPTION, TRANSFORMATION, AND RESTORATION

*How I met Freddy Negrete and why I co-wrote his memoir,
"Smile Now, Cry Later." Written by: Steve Jones*

**Healing
Our Wounds**
Page 4

**Recovery: A God
Shaped Puzzle Piece**
Page 7

**The Entitlement
Cure**
Page 10

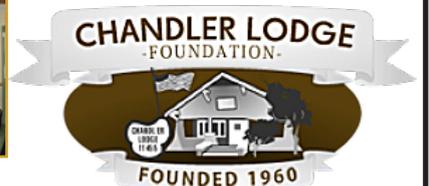
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Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Herb K.
Ask Dr. Nita	Page 6	Dr. Nita Vallens
Food For Thought	Page 7	Jenni Schaefer
Freedom From Bondage	Page 8	Ed Brazzel
Matters of the Heart	Page 9	Rudy & Kelly Castro
The Journey Continues	Page 10	Randy Boyd
Quit to Win	Page 11	Catherine Lyon
Redemption	Page 12 -13	Steve Jones
PTSD	Page 14	Kristance Harlow
Healing The Family	Page 15	Marilyn Davis
Events	Page 16	
Book Reviews	Page 17	The Crew
Classified Ads	Page 18	
Advertising Information	Page 19	
Resource Guide	Page 20-21	

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About Us

Advertising Rates - page 19
 Distribution Information - page 19

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Welcome to the first issue of "Keys to Recovery Newspaper", of 2018.

We wanted our feature article, "**Redemption, Transformation, and Restoration**", to embody the New Year's concept of making changes, in a different way. We want to take you beyond the resolution phase, and show you the results. In the feature you will read about the journey of Freddy Negrete told by Steve Jones. Two men from opposite sides of the world, literally, making a God connection. I hope this issue inspires, and challenges you, to make the changes necessary to achieve your best year yet. As Bishop Hamilton, from Spirit and Life Ministries, says "**The best is yet to come**".

Month after month our mission is to "carry the message of HOPE", hope of recovery, hope for reuniting families, hope for life over death, hope that whatever situation you face, can change. Every article we print, is to help further that mission. Our columns educate and inspire the reader to continue, or start this new way of life, giving not just hope, but vital information about countless disorders and addictions, and how to recover and "make a change".

I read and reviewed a book this month, **ALWAYS RUNNING: La Vida Loca: Gang Days in L.A.: Luis J. Rodriguez**, this book is all about redemption, transformation, and restoration. I was moved and inspired by this man's story.

As the publishers and editors of "Keys to Recovery Newspaper", one of our duties, is to read all the articles submitted for possible publication. Each submission we read, whether we publish it or not, touches me in a different way. Sometimes I learn, sometimes I get to enter someone's heart, sometimes I am inspired to change. Our hope is that you too will find something each month, that helps you to grow and find the joy, and peace that we have found.

We give all the glory to God, each and every day for His mercy, His grace and His unconditional love. - *Jeannie Marshall, President & Cofounder*

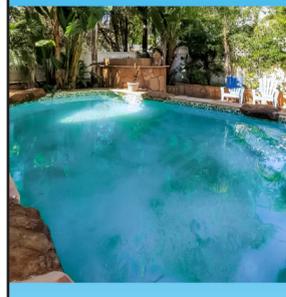
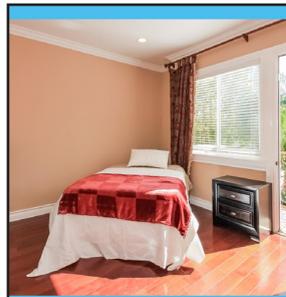
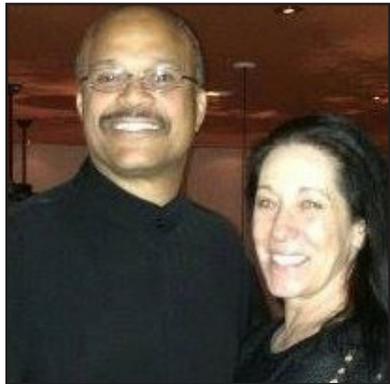
Hello to all, this past year has been heartwarming and heart wrenching as well. I have had the opportunity to personally witness the positive transformation of the family dynamics of some of my friends, as they joined us trudging the road of destiny. As a Sponsor I have seen the healing process in effect, within individuals who wholeheartedly give themselves to this simple program. During the past year I have saw the horror of addictions, and certain disorders with their insidious outcomes.

The overall inspiration that I received during the course of last year, has given me true appreciation for all the non-materialistic gifts that my Higher Power bestowed upon me. In this new year that is in front of us, I want to always have in the forefront of my mind acceptance of all that I have no control over. In 2017, I experienced a couple of situations that happened, they made me look inwardly and realize that certain events are out of my hands.

I learned how to be even more dependent on God, and not beat myself up about what I couldn't help others to do. What is expected of me is to always be there for whosoever is in need, what I can't do, God can! Last year with all of its ups, and fortunately only a few downs, my perception has been enlightened. I understand my limitations and strengths accordingly, and I look forward for more growth and maturity during this blessed new year.

My overall belief is that God is first and foremost in my life, second my wife, then family and friends. When my focus is off of self, and redirected towards those around me, in whatever need they may have, my spirit is lifted. Servitude in all of its forms are designed for inner peace, we have been created to have a yearning for extending our hands lovingly to help those who are in need. Until we have the opportunity to come together again with our thoughts and feelings, I hope that you all, will have a very blessed and exceptional New Year!

Marcus Marshall, Vice President & Cofounder



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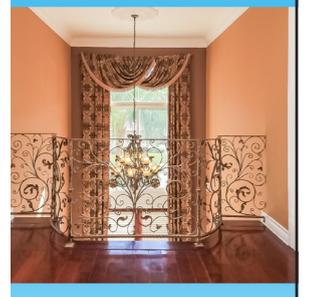
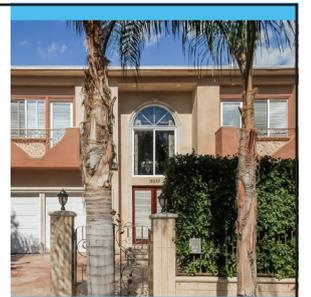


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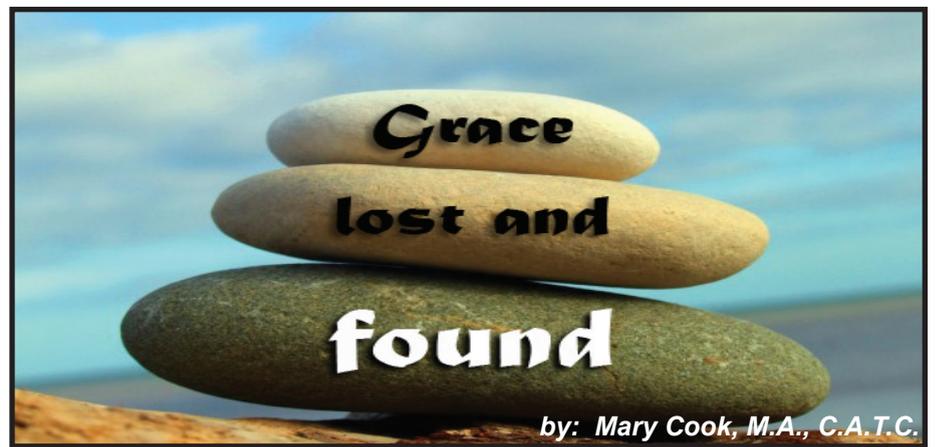
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HEALING OUR WOUNDS

It's common for alcoholics and addicts to have a childhood history of trauma. Addiction, denial, codependence, violence, and emotional or physical abandonment are also typical family of origin histories for those with addictive disease. Children absorb the examples of their parents and significant others, as well as their direct experiences with them, and this becomes part of their sense of self.

We see the wounded and defended child, and adolescent inside the adults who enter recovery. We see people whose bodies are continually braced for danger because of childhood violence, and others who sexualize themselves due to violations. We see people who carry anger and arrogance as a defense against feeling powerless and inferior. We see individuals who sabotage their progress, because they feel unworthy. We see those who are terrified of tenderness, because trauma would surely follow.

It is extremely common for unhealthy parents to deny, or blame their children for their trauma, and to deny their own parental dysfunction. When this occurs, children are not believed, or told that they deserve abuse, or it will toughen them up for their own good, or they are threatened that if they tell someone, consequences will worsen bringing greater violence, incarceration, family separation, abandonment, foster care, and even murder, and it will be the child's fault. Unhealthy parents project their own wounds, resentments and needs onto their children, and children have no boundaries to reject it. Thus, children carry the burden of their parents past traumas, their own traumas, and their reactions including shame, anger, despair, and fear. Children have been harmed, blamed and betrayed, and they feel they have failed to be worthy of love and acceptance, and they have failed to fix their parents. Parents often take children to doctors and psychiatric hospitals to be medicated, reinforcing that they are defective, rather than addressing the parenting.

In adolescence, peer relationships often carry familiar themes of childhood. Teens tend to be more reckless and rebellious, inviting more problems and power struggles, reinforcing the chaos of childhood and inhibiting maturity. Adolescents often use alcohol and other drugs, because they offer a temporary artificial sense of euphoria, oblivion, power, invulnerability, apathy, and adrenalin. They believe this is the best they can do. They don't believe in healing and healthy relationships, because they haven't seen them. What was instilled in them is pretending, denying and keeping secrets to survive. They pass on the blame and betrayal, the harm and hate, the despair and detachment, because that's what was modeled to them.

Sometimes wounds turn into weapons and war continues. Sometimes they imprison the survivor in a fortress of fear and failure. Sometimes they become a suit of armor silencing spirit and asserting apathy. These understandable defensive responses create conscious separation from true self, humanity, life, and God. The path of addiction encompasses the emptiness of power and possessions, and the despair of homelessness and hunger. It is the path of myopic madness, baseless brutality, and way too much death. Peace is elusive because the past has too much power. Understanding is elusive because truth is hidden behind unbearable scars. Faith is elusive because the chattering mind serves as God. Satisfaction is elusive because of the separation from anything sustainable.

In recovery, we humbly listen and observe, for we can only assist if we have a relationship with the whole person. When people begin to speak of their wounds, we are grateful for the gift of their trust. As they continue to speak, we listen for the aspects of themselves and their life that are healthy or holy, and even if they are mere glimpses, we know this can initiate healing. As we continue to stand together compassionately acknowledging wounds, cleansing begins until wholeness returns. We sit patiently surrounding people imprisoned in fortresses, and ask if they can imagine anyone or anything comforting, and healthy that could be with them in this fortress. And over time, the fortress enlarges with caring and courageous presence, until they no longer need the fortress. We stand in front of armored people accepting and understanding that they needed this protection in the past. We share our experiences with fears and armor, and with vulnerability and inner strength. We see through the armor to the hidden spirit, and watch as it appears like the sun shining through dark clouds.

Recovering individuals deserve to be seen for who they are, people who lost their true selves trying to fix, defend, avenge, or glorify their wounds with drugs and destructiveness. They deserve to know that they can heal and recover their true self, and experience a fulfilling life. They deserve to be seen as children of God, whose nature is to love and to be loved. Recovery addresses this by helping to identify defenses, and character defects which block truth, and by modeling and teaching character development, and virtuous actions which stimulate spiritual growth.

It is the gift of desperation that gets people to treatment. Pain must be felt without defenses, to motivate healing and positive change. Developing the courage to abstain from mind altering chemicals, facilitates courage to express and explore original wounds, and the wounding that followed. Recovery requires us to be focused and observant, to begin to connect deeply and authentically to self, others, life and God.

Con't Page 22

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ASLEEP, DREAMING WE ARE AWAKE

We are material and finite beings. We have survival needs: 1} Basic: breathe, drink, eat, sex, 2} Emotional: fight, flight, freeze, 3} Human: appreciation, awareness, action.

We live in a material and finite world. We experience constant change, disequilibrium, internal and external. We learn our needs can be satisfied by material and finite sources: biology, psychology, sociology and even theology. We can achieve equilibrium at these levels. Our very finiteness and materiality receives confirmation that we can survive on our own initiative and resources.

Yet we live with a constant tension, barely felt but always experienced, a "thirst" of our human condition. Something is amiss; something indeed is missing.

Our materiality and finiteness are the very sources of ignorance, the curtain of darkness surrounding our deepest discomfort, keeping us disconnected from any suspicion about a possible Life Force, or a predecessor Life Source.

This underlying Life Source has an indomitable energy toward revealing itself through conscious connection. It continuously pushes gently forward, like crabgrass through concrete. Through pain and brokenness, through our wounds, this Life Source is revealed as Life Force, a breakthrough of consciousness.

If we pay attention, have the smallest inclination to listen and the slightest willingness to respond, we begin to become more conscious, we begin to take action, begin to evolve, to pierce this curtain of unknowing. Then we remember, recognize and realize that we come from Love, the overflow of Source; that we are by nature love, Source manifest; that we are our true self only when we are loving, replicating the Life Source by ourselves becoming a life force. Delusion dissipates; reality dawns. We have come from Love's overflowing, an Unconditional Creative Energy that manifests as reality. Image and likeness; one and many but still unity.

Our delusion is dualism: God and Creation; our reality is unism: God as Creation. There is one song being sung: Universe, the Word made flesh in the language of Silence. We are sustained in Love; Love Loving, an eternal action of creation. We evolve in Love to full conscious union through intentional communion, and altruistic action. We are made whole; we realize our holiness.

We are a sacred people with a cosmic thirst. Our delusion is: this thirst is quenched by finite spirits. Our revelation is: this thirst is yearning, slaked only by Spirit.

"The secret to life is to die before we die, and realize there is no death." (Eckert Tolle) The acorn must die if the oak tree is to emerge; the caterpillar must disappear if the butterfly is to appear. The death of my false self is the seed bed for resurrection of my true self.

Our "thirst" is the invitation to awaken to the truth that love is the answer, the coin of authentic spirituality: One side: a relationship with OTHER, the Mystery; an improving consciousness of constant contact. Life Source is our Life Force, a well spring at the core of our being. One side: a relationship with others through compassionate action on behalf of them all; an organic manifestation of an enlarging constant consciousness. We ourselves become life source and life force, a channel for the overflow of Being.

Odd, isn't it: • The more I concede my personal powerlessness; the more I am empowered.

- To the extent that I consent to the Mystery; the more life makes sense.
- The more conscious I am of my afflictions the more containment I can exert on their source, my passions.
- The more I take responsibility for my perceptions, feelings and reactions, the more tranquil are my relationships with my self and others.
- The more I release others (forgive), the greater is my freedom (forgiven).
- I am responsible for the effort; the results are none of my business.
- My third dimensional thirst is quenched by my Fourth Dimensional Source
- The more I give of myself, the more I am made whole.
- The more I place myself in harmony with spiritual principles, the more my human life is integrated: the more joy, peace, and personal happiness I experience.
- The more I practice otherness, the more my life flourishes.
- The hole in me is in the shape of OTHER/others.
- The more I detach from my story, the greater is my connection to the story.

We discover the inclination is the invitation: **A noble thirst; A noble response; A noble containment; A noble path.** We have the gift of being human, and the gift of becoming aware of what that means. We intuit the journey is the destination! We are awake living the dream.

Herb K. was given the gift of freedom from alcohol February 21, 1984. As a result of the application of the Twelve Steps as contained precisely in the Big Book of Alcoholics Anonymous, he experienced a profound spiritual awakening in 1988. Since then he has been very involved in carrying the message of recovery through presentations, facilitating workshops, and leading retreats. He has authored three books to help people access the instructions and confirm the actual process contained in the Big Book for experiencing a spiritual awakening. His books are available on Amazon.com. www.herbK.com, herbk12@hotmail.



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Hi Dr. Nita:
I'm bummed out about not meeting my goals and expectations in 2017. Lotsa stuff I wanted to do and I just didn't do them. Help! I really need a plan to make 2018 different.
Thanks, Janet

Dear Janet,
I once saw a cartoon that said a New Year's Resolution is a list of goals for the first week in January. There is something about this notion that rang true for me. Just think of all the ideas, goals and dreams we toss about in our minds, and sometimes they come to fruition, but many times they don't. That would be okay if it weren't for the emotional and psychological fall out as you put yourself down, use blame or shame as a weapon on yourself, or get anxious or depressed about it. If we could just soothe ourselves and say, "oh well, I'll do next time." It doesn't sound like your self-talk went in that direction. I understand how this could cause you to feel a bit stuck and overwhelmed. What is going to make the difference? How can you create a different outcome for 2018? Consider what's really important to you, and let's go through some ideas to help you manage your situation now. First, let's divide everything you can think of into "goal" categories that are important to you. Here are some that many people use: Spiritual, family, relationships, work/career, education, financial, health, fun and leisure time. Or, simply start with three broad areas:
1} personal - however you define that - i.e. a love relationship?
2} professional - work, career, personal development or, education?
3} spiritual - for yourself and being of service to others!
Divide that piece of paper, or create a lined grid on your computer, and let yourself jot down any ideas that come to mind such as dreams, thoughts, ideas, etc. Just let your mind wander and your creative juices can begin to flow. If you put something on your list and change your mind, you can re-organize it later. This is a first draft to help you get started. Next, take a break and write a gratitude list, and here's why:

Gratitude gives you the possibility of more relationships. Gratitude helps self-esteem. It may also improve physical and psychological health. Gratitude increases empathy and reduces aggression

Leave the list(s) alone and go back to them later, or in a day or two so that you can review and revise if necessary. Now it's time to set some goals. Your goals are the things that are really important to YOU. Do not let yourself be influenced by the expectations of others.

Next, let's create a structure to make things happen. One author, Dan Sullivan, says that "for a wish or a hope to be a goal, it has to be achievable and measurable, and to have a deadline."

As you begin to sort out and prioritize, then you can take one or two goals and break it down into manageable steps. For example, if you want to lose ten pounds, 1-3 per week is reasonable for many people (I'm no weight loss expert) so write that down on your calendar. Select your target date. Work backward from that date to create specific plans to make it happen.

Now you need support, do you want to join a support group? Or, tell 1-2 close friends, and your sponsor, who will encourage and cheer you on. Journal about it and if you get discouraged, write a gratitude list.

A few other hints - do not compare yourself to others, don't let others discourage you and never give up unless you change your mind and have another idea you'd rather pursue. Make sure you write everything down and know that you can find forms and calendar pages on the Internet to help you track your progress.

If you catch yourself thinking negative thoughts or feeling down at any time, remember to reach out for support, be kind and loving to yourself and stay connected to your source - God, your 12 step program, community, family and close friends.

Now, here's the fun part, reward yourself for achieving your goals! Notice how we artfully avoided the term, New Year's Resolutions? That's a term that may cause pressure and anxiety. Instead, you are pacing yourself throughout the year, accomplishing what really means something to you. Rewards include things that are fun and enjoyable for you like going to the movies, a walk in the park with a friend, a hobby you enjoy that you now can fit into your schedule are just a few ideas.

One of my favorite quotes by Wayne Dyer says it all; "Be in a constant state of gratitude - you can never resolve a problem by condemning it." Forgive yourself for any and everything that happened in 2017 - let it all go, and particularly let go of judging yourself, and regretting the past.

Marianne Williamson told me years ago that if we miss an opportunity for whatever reason, and it is really "ours" then it will come back to us - like getting a second chance. So let go of any angst you have about, that and begin with a fresh start today.

I believe in you! Dr. Nita

Please write to Dr. Nita Vallens, licensed psychotherapist with over 20 years of experience, at doctornita@gmail.com. You can hear her on KPFK Radio 90.7 Los Angeles on Tuesdays at 1:00 PM or live stream at www.KPFK.org

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by: Jenni Schaefer

RECOVERY: A GOD SHAPED PUZZLE PIECE

We can't change the fact that we develop an eating disorder. But we can choose to get better. And, in the process, we are certain to gain wisdom, as we find our way out of a very dark and pervasive illness, and back to a sense of ourselves, often, that we feel like we've lost. In this way, our eating disorders can become a great gift in an absolutely ugly package. If you are battling eating, weight, and shape, this might be hard, or even impossible, to believe. Healing from a mental illness can be like completing a complex jigsaw puzzle. When things aren't getting better, a key piece of the recovery puzzle is usually missing. Despite working hard in recovery, do you find yourself in a debilitating cycle constantly searching to complete the picture? If so, here are seven ways to jump into full recovery from an eating disorder.

Prayer: The Lost Puzzle Piece in Recovery: While you are down, searching everywhere, consider this: give prayer a chance. An essential component to eating disorder recovery can be having faith in something greater than you. In the beginning, this might simply mean a belief in your support group, in your doctor, therapist, or dietitian, or possibly in friends and family. Some people find comfort in believing in a higher power or God. Praying, for many individuals, might mean connecting with this higher power. Others find prayer to be connecting with their heart, their intuition, which can ultimately be a way to unite with a God of their understanding. For some, a prayer is a walk in the woods or listening to a powerful piece of music. Prayer might be entering a particular place of worship, walking into a Twelve Step recovery meeting, or even having dinner with a trusted friend from outside of your day-to-day world, someone who brings you a special sense of serenity.

Separating Your True Self from Your Eating Disorder: This all sounds easy enough until you consider the fact that Ed is probably drowning out most, or all connections to your spirituality. Ed is an acronym for "eating disorder." A concept made popular in my first book, *Life Without Ed*, this therapeutic approach treats the eating disorder like an abusive relationship, rather than a condition or an illness. Although Ed might berate you day and night, you stay. You might feel trapped, like you can't possibly live without him. Ed might tell you that you are special, and that without him, you're worthless. But, the way to know the difference between Ed, and your true spiritual self underneath, is that Ed tells you, you're lesser than. Prayer can help you amplify the other voice being drowned out, the one that only tells you how beautiful and whole you already are. That's how you know you're listening to the right one.

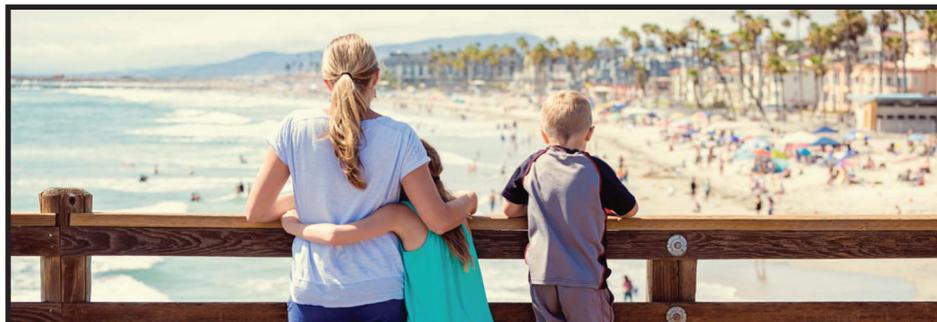
Don't Let Your Eating Disorder Become Your Higher Power: The truth is that Ed, the illness, might seem bigger than you. Some say Ed becomes like their God. But, an eating disorder is never bigger than God, whatever your view of a higher power might be. In Twelve Step meetings, "Let go, and let God," is a common slogan. At first, the simplicity of this phrase can anger a lot of us. It can seem so contrived and too simple to address something as complex as a biopsychosocial illness like an eating disorder. Yet, in the end, letting go can be the crux of it all: mental illness is far too complicated for any one person to "figure it out." Even with expert professional help, which is a crucial component to getting better, individuals who suffer often need something bigger, something beyond understanding, to truly transcend the illness. Because of this, transcendence can seem utterly impossible.

Diving Into Transcendence: Plunging yourself out of an airplane soaring 100 miles per hour at 12,000 feet can seem impossible, too. Yet, in eating disorder recovery, our doctors, dieticians, and therapists metaphorically ask us to do just that. They rightfully encourage us to take this leap of faith, because they know that others have succeeded before us doing the same thing. Therefore in recovery, personal awareness and our support team can gear us up to bravely enter the recovery airplane. Within the seemingly safe walls of the plane, we might learn all of the recovery tools required in order to jump. Our treatment team gives us a jumpsuit and instructions; they've even "got our back." Literally, in skydiving, a tandem master is attached to your back. Then, your treatment team and loved ones inevitably say, "Jump. You can do it." No one will push you out of the plane. In order to face that intense fear, you must make a different kind of decision to get better. You have to be willing to do whatever it takes, and some have found the leap possible with spiritual tools, it was their extra parachute, to help them know no matter how scary the fall, they'll do their best to land safely, two feet on the ground.

Taking a Leap of Faith For Recovery: Jumping means fully following your food plan, and trusting that your body will end up at a healthy size that you can accept, and maybe even love. Jumping means believing that life in recovery will be better than your life with Ed. No one can convince you that you ever will find peace with food or your body. You will frequently wonder, "Is a recovered life worth all of the effort - worth the jump?" The hard part of recovery is that you have to jump before the parachute will open, but trust it'll be there when you're falling. You must jump before you have the answers to all of these tough questions. If you wait around to jump for when it becomes easy, you will wait forever. This is similar to how eating, in recovery, becomes easy by eating. This is that God-shaped puzzle piece of recovery.

Spirituality is the Power Puzzle Piece in Your Recovery: You can attempt to put the entire recovery puzzle together, have a wealth of tools, a plethora of knowledge, but if you're not incorporating spirituality to help propel you out of the recovery plane, you might live with eating-disordered attitudes and behaviors forever.

Con't Page 22



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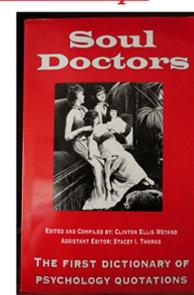
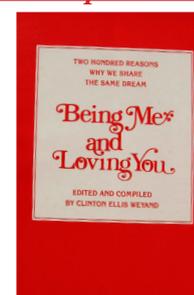
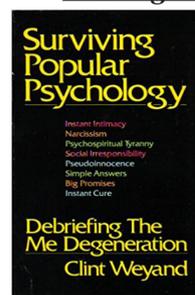
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Dr. Clinton Weyand has over 30 years of experience working in behavioral healthcare. His career began in Psychology at Woodview Calabasas Psychiatric Hospital. Then for 10 years he served as the Director of the Adult Unit at Van Nuys Psychiatric Hospital. He also specializes in working with dual-disorder clients.

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by: Ed Brazzel

I JUST DON'T UNDERSTAND WHY?

It was once said that unless you've walked in my shoes, you'll never understand.

This quote wasn't about substance use, but boy does it fit. I hear the questions all the time from families: Why don't they get it? They've done this so many times. They were in recovery and remember the bad days. What the heck?

Our brain is a powerful organ. There are always struggles with either getting into recovery, or staying in recovery:

1. The body's need for the drug/alcohol.
2. The habit. Mental obsession not physical.
3. The memories. Some times called triggers.

Most families think that once their love one has conquered the body's need for the drug, it's done. But it's not! It's actually only starting. Just because the physical addiction isn't there any longer, doesn't mean that the mental obsession goes away. That also goes along with other traits that they have learned while using. It's something that the brain has to unlearn, and even then it will make connections based on our everyday experiences.

First off, I'd like to get rid of the notion that 30 days is enough time in rehab. It's not. Also the saying "one and done", (going to one rehab and putting the substance down for good) does happen, but it is rare. How can our brain unlearn something it's been doing for years. Even if the use was for several months it's still not easy. Clinicians and studies have shown that 90 days is the minimum amount of time needed, and even after that follow up care should continue. The body's need for the drugs/alcohol: A detox of anywhere from 5-14 days is all that is needed for almost all detoxes. It will remove the physical dependency of the addiction. Once this is done the hard work really begins.

The habit. Mental obsession not physical: I sit in my room looking at the walls with tears running down my face like a river. Where is my child? Is he alive? I know, I'll drive down to where he gets his drugs. Wait a minute someone got killed near there last week, it doesn't matter I need to know where he is at. I get no sleep at all, and I can't eat knowing that something might be wrong.

Parents and spouses do you remember those feeling? Doing things that could bring harm to us. Do you remember how helpless you felt? How lost, unable to get it out of your mind.

That is a taste of what early recovery feels like to your love ones. There are several reasons why they go through this stage:

1. Chemical imbalance. It takes a long time for the brain to become balanced again. During use, the brain's reward system has become overloaded. The brain gets use to the high levels. When they stop, the levels falls below what is accepted as normal. When that happens, you can imagine how a brain would want this levels back up to where they were.
2. Emotions. This is often a major issue. Some start their use because of emotional issues, but all have issues with emotions when they stop. Can you imagine how you would feel if you did something against you inner-being, but suppress the feelings that you would normally have. That's one of the reasons that some take a long time to stop using. They feel the shame and know that they will have to deal with it. Now that they aren't using anymore they have to deal with whatever they are feeling, when for a long time they didn't. Just as a reference point, how many times has someone that's not using; run from their emotions so they wouldn't have to deal with them. We throw ourselves into our own addiction such as a job, hobby and so on. Someone that stopped using has to now learn to deal with the emotions, and it's very hard. Many times it takes baby steps. To fast, they can overload and relapse. Also another big issue is isolation. Isolation is also used to not have to deal with anything, and it always leads to depression.

3. The physical connections to the use. Not to the brain dependency, but the normal day to day interaction. We are all very repetitive creatures. If you ever examine someone's life. You'll see that they do the same thing over and over. We get set in our ways. With work, play, where we go and what we do. Did you know that one of the biggest problems with quitting smoking, is because of the cigarette that we hold in our hand. I'm not talking about smoking it, I'm talking about just holding it.

The memories. Some times called triggers: Let's first look at a trigger that I might have, because we all have them. So, I'm sitting watching TV and a commercial comes on for a dessert, and all of a sudden I find myself in the kitchen digging through the pantry looking for something. It sounds silly, but that would be a trigger. How about you run into someone that did you wrong and the memories start bubbling to the top, and in a very short time you're ready to bite their head off for something that happened years ago.

For those in recovery I'll use the words, "People, Places and things". A trigger is something that caused a thought to come up about their old days using. It can be something as simple as a bottle of water. We would never think anything about it, but I know several people in recovery that can't have a bottle of water around them, because it reminds them of using. How about driving the same route that they use to. A friend that they use to use with. How about a small dose of a drug (for medical reasons) that reminds them of using.

Con't Page 22



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PRACTICES MAKES PROGRESS

The new year has begun, 2018 is here! It's ingrained in us to take stock of our lives at the end of the year and set goals. If we are honest with ourselves, most of us set the same intentions every year. None of us are perfect. We can only strive for progress.

We all know that old saying "Practice Makes Perfect." Does it really though? Ultimately, human beings will never be perfect, and it would be boring if we were. We may become skillful, masterful, even known as experts in certain areas. It is still probable that we will make mistakes, or fail. A huge part in growth is immediately reframing the way we define those words. Mistakes, are opportunities to learn. Failure, is inevitable for those who are committed to success. Bottom line; these two experiences are gifts, and unfortunately so many see them as catastrophes. So let's take a look at six simple steps to changing unwanted behavior, and finding the treasure in our obstacles. Doing this will certainly change your life.

1. Notice a behavior that you would like to change. We all have them. We will always have them because we are here to keep expanding, and there will be an abundance of opportunity to do so. The behavior could be related to diet, exercise, spirituality, relationships, time/money management, or any other area that matters to you. We recommend finding one or two to focus on. "A Jack of all trades, is a master of nothing," and when our attention is in too many place at once, it takes away our power. Here is a great example; I find that I am really impatient with my spouse, and nag him often.

2. Identify a way of being to replace it. The benefit of knowing what we don't want, is that it helps us gain clarity in terms of what we do want. This is great news, as it makes our challenging experiences worth something. We can create possibilities by means of contrast. From the previous example of nagging the spouse, we can ask ourselves what love, patience, and encouragement could look like.

3. Find people who have successfully produced the result you are looking to create, and ask them how they did it. Often times we sit in resentment, and/or envy toward those who seemingly have what we want. Most of the time, people are honored to share their journeys with us, and it could be really helpful in supporting our growth. So boldly ask out loud, rather than secretly hate in silence. Find someone who has the loving encouraging relationship, and ask them how they do it.

4. Notice when the old habit shows up, and do your best to correct it. It's important to remember that it is never too late. Chances are we won't get it right the first time. Or the second - or the third. If the behavior has negatively impacted someone else, apologize. If you are halfway through the box of cookies, put them down before the box is empty. It is about bringing conscious awareness to our actions, and choosing differently to the best of our ability. Take responsibility when you nag your spouse. Let them know that you are aware of your behavior, and working on it. There's A LOT of power in bringing these pieces into the light. Sunlight is a natural disinfectant. Let the sun shine!

5. Be gentle with yourself as you grow. The process of change takes time, and beating ourselves up only prolongs it. Watch your inner dialogue. Shame and blame are easy to go to. Shame sounds like: "Damn! There I go again nagging. I am never going to get this right. I just can't do anything! I am the worst!" Blame sounds like: "He/she really is an idiot, and I should nag them - otherwise nothing would ever get done, and it certainly wouldn't get done right! This is not MY problem, it's theirs!" Either way is distracting and deters growth. The only power we have is in humility, towards ourselves and others.

6. Mark progress: At 30 days, 60 days, 90 days, six months, nine months, and one year. Set alarms in your phone, or write it in your calendar so that you remember. Check in with yourself to see how your progress is going, and celebrate! Little improvements are big deals! Keep a diary so that you can keep track of all your milestones. It is mind-blowing how much can change over a one to five year span. Don't underestimate the power of consciously transforming a behavior. It's also mind-blowing how much NOTHING can change over time, if we do everything the same way. There's a great saying: "If nothing changes, then nothing changes." Ain't that the truth.

The fact that you are even reading this shows that you are someone who is interested in change. That in and of itself is something to celebrate. And if you made it this far in the article, it shows your commitment to complete something. There is no coincidence that you are reading this. There is purpose to you being drawn to this message. As you embark on this new year, really take an honest conscious look at what behavior do you want to commit to transforming, and follow these 6 steps and the miracles unfold along the way. Happy 2018 everyone! May you consciously and powerfully create joy, and purpose in your life.

Thank you for being awesome, and thank you for reading this. We would love to hear about your progress. Please send your breakthroughs to consciouspartnershipcoaching@gmail.com

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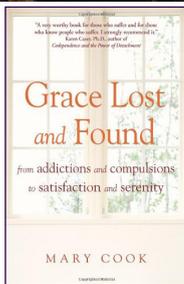
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by: Randy Boyd

THE ENTITLEMENT CURE

In Dr. John Townsends book *The Entitlement Cure* (Zondervan, 2015) a non-fictional book regarding Entitlement issues; Dr. Townsend discusses three areas of entitlement – What is entitlement? What causes entitlement? What steps can we take to overcome entitlement? I will briefly discuss these views in the following paragraphs.

Dr. Townsend defines entitlement as, "The belief that a I am exempt from responsibility, and I am owed special treatment." In essence what this is saying is; I am special and I am owed something that I have not earned or worked for, and entitlement refuses to let one take responsibility for their own problems. For example when I look at my pre-recovery life, nothing was ever my fault. For me to admit that I was wrong meant I was imperfect, and to be imperfect meant I was only reinforcing what my stepfather and mother constantly said to me: "Randy you'll never amount to anything." Therefore, everything was everybody else's fault. While I have always worked hard and earned money, I did feel like I was owed certain things along the way. After all that had happened to me, I felt God owed me big time. Whenever I would do things for others, while it was in part out of true kindness, there was always an ulterior motive. "After all don't you know who I am? You were lucky I was helping you."

Where does this entitlement attitude come from? In the same way a person can be exposed to physical illness, diseases, being infected physically, this is not anything we would decide to do. In fact these are factors that we have no voice or control over. Often they are pre-disposed by factors beyond our control such as – family of origin and individual DNA to mention a couple. However, a person can also be pre-disposed to the "entitlement virus" through relationship circumstances, which much like a physical virus, a person has no control over. Personally the entitlement virus that infected me was a direct result of years of abuse. It was a defense mechanism I had developed as a way to protect myself. However, I was totally unaware that it was indeed an entitlement issue. I thought it was just the way life was, and if you had a problem with it, to BAD! It was only after I entered the world of recovery that I realized I had a problem with entitlement, and only through and with the help of two very loving sponsors/mentors that I was able to overcome this issue.

"No matter how self-involved or demanding a person is, compassion can make a difference..."

So then how do we overcome entitlement? The key component to change is compassion, a task that is difficult at best, especially because entitlement causes others to keep their distance, feel angry or eventually all together disassociate from that person. Townsend says, "No matter how self-involved or demanding a person is, compassion can make a difference – in fact no lasting change will occur without it." As a child/teenager growing up my feelings were discounted, and my voice was taken away from me. As a result I over compensated as an adult. As I became successful in life, I developed an attitude of entitlement. It was only when I was shown compassion and my feelings were validated, that I was able to realize that the world did not revolve around me. I learned that I had to take responsibility for my own actions. I had to quit blaming my childhood for my actions as an adult. I had to learn that it was okay to make mistakes. Admitting that I made a mistake did not mean that I was a bad person. I learned that others matter just as much as me; they have feelings and concerns that are every bit as important as mine. I was taught and shown by men wiser than me that I am enough just as I am; I'm not more than or less, I'm just enough. Love, patience, understanding and compassion were the keys to my transformation.

Dr. Townsend thoroughly explains what entitlement is, what causes entitlement and what steps we can take to overcome entitlement. He challenges his readers to understand these principles and steps and to put them into practice. As we start applying these steps, and principles in our own lives, we will be better equipped to help the entitled people in our lives begin their own recovery journey.

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





IT'S A NEW YEAR, SO SURRENDER AND GET OFF THE ADDICTION FENCE.

Now that the holidays are over, you have been desperately gambling, and hoping for that BIG WIN, so you could make your Christmas seem normal with gifts, decorations, and such and it just never came. Then more lies, more covering and hiding the money you wasted. It becomes very exhausting. I know as I have been there myself with my gambling addiction, and I have maintained recovery since January 29th, 2007. I can not count how many past holidays I had devastated, and my family was disappointed because I was sick deep in addiction.

Isn't it a good time to finally get off the addiction fence, it's New Year, so why not look into getting help, hope, and healthy again?

Yes, I know just how scary it is to eventually "surrender" to the fact that a gambling addiction has beat you. I am also aware of what a New Year means, we seem to use this time of year to look back, and take stock of our lives past and present. Aren't you tired of all the negative behaviors this addiction takes on in your life? Aren't you tired of wasting a paycheck, your mortgage payment, pawning valuables just to squeeze some money to go gamble?

What does your financial future and finances look like after another year of addicted gambling? If you were like me? You most likely didn't look or even care. That is what addiction also does to you. All you are obsessed with is when you can gamble next and where you can get the money to do so. I can tell you when the money runs out, and it will, your next step is a committing crime. As I have said many times, this is a "progressive" disease. Your bets and risk get higher as time goes on, and the amount of money you waste piles even higher as well. NOW is the time to get help, and look into learning how to exit the destructive "cycle" of addiction.

First, you need to be ready to SURRENDER. Surrender is a verb, an ACTION word. So you need to take action from gambling. Surrendering is a thing we do. There are only two choices. It means to "cease resistance to an enemy, or opponent and submit to their authority." Many people like me, regard the first step of recovery as surrender. It is the feeling of powerlessness, which is required to admit, along with the awareness that there is a problem, which is essential to surrender.

Now many think that surrender is a matter of weakness. However, looking at the definition of surrender indicates that it is not. It is not about giving up or failing. Spiritually, with a higher power, the act of surrender is much more humble, and way less based on ego. Look at the definition, and it says explicitly that to surrender is to "cease resistance." Surrender can bring serenity in accepting the fact that despite how hard we have tried in all the different ways we have attempted to, we cannot change gambling itself or how we relate to it. Letting go of the fight and putting down arms to ask for help is an act of courage.

So when you do finally surrender? What should be your next step? Well, there are many paths to recovery. You need to find what is going to help, and make you feel comfortable in an uncomfortable situation. Many of us come into treatment and rehabilitation in crisis, where then we don't have many choices. But when you decided for yourself, there are many options. For support and education of addicted gambling, I chose Gamblers Anonymous as they offer help with a 12-Step model, and you can even do meetings online. They offer it to the family as well.

Treatment options come in many ways. You can look for a gambling recovery coach, treatment facility, and in most states, The State Lottery website has treatment options to get help and treatment paid for by that states lottery fund. Many Behavioral Centers also offer options like therapy or counseling, and a group meeting. Being with others in a group setting gives you comfort knowing you are not alone, and others have a problem with gambling and being with like-minded people. Doing so gave me my firm foothold on the road to long-term recovery. And how I've come to have almost 11 years in recovery.

The Oregon Lottery funding is where I received treatment, and then where I worked with a specialist for a year after that. Check to see if your state has an "Office on Problem Gambling", like they do here where I live now in Arizona. I know many states do. If you are a veteran, check with the VA as they offer gambling treatment in Ohio paid for by the VA. Another resource who can help locate help in your area for you is "The National Council on Problem Gambling." www.ncpgambling.org/help-treatment/help-by-state.

Here is my recommendation for you. It doesn't matter where you receive HELP, HOPE, and Treatment, as long as you are willing and ready to take the "First Step & Surrender", so you can then "Quit To Win!"

Author, Catherine Townsend-Lyon is the best selling author of her book "Addicted To Dimes" and New, "Ten The Hard Way." She is a former columnist for InRecovery Magazine, freelance writer, recovery blogger, and author literary consultant. She is currently co-writing a Memoir with former NFL Pro and Olympian, Vance Johnson due to release mid-2018 and soon former NFL Pro, Randy Grimes. She resides in Phoenix, Arizona. You can contact her at LyonMedia@aol.com



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*How I met Freddy Negrete and why I co-wrote his memoir,
“Smile Now, Cry Later.” Written by: Steve Jones*

My ID screened. The sound of an electronically operated door opening. And then—clunk. I’m in. It’s 2013 and I’m walking down a long corridor in the Men’s Central Jail, downtown Los Angeles. My guide wears a silver-tan shirt, forest green pants. Keys jangling. A red stripe on the floor points the way. I’m heading to the ‘2000’ floor. Inmates wearing blue jumpsuits clip by. Dark blue, for G.P., ‘General Population.’ On their backs, the words: ‘LA County Jail.’ A few of them greet my guide, a female Los Angeles County Sheriff deputy, with a ‘How are you doing, today, ma’am?’

We turn a corner and it gets louder. Noise—lots of noise. Voices, shouting, and the blare of a flat-screen TV mounted on the wall. A long module with dark green bars. Rows of 6-man cells disappear into the distance. An inmate taps his head against the wall, repeating, “I am an alcoholic.” The L.A. County Jail is not only America’s biggest jail, it’s America’s largest in-patient health center.

We walk up a flight, maybe 10 steps, to the second tier of the 2000 floor to a section which, compared to the cell module, is an oasis of calm. It’s empty, peaceful almost. This is the shower area.

In 2010, after a team get-together at a tech company in Cupertino, I drove down to Los Angeles for some film-related meetings. I was in Santa Monica, heading back to the car, when my Blackberry buzzed. “Hey, do you want to come and hear my friend Freddy speak?” A chance encounter, at a meeting to discuss a true-life-story-to-screen adaptation, was now about to shift the focus of my writing—from screenplays, to books. The next evening I headed off to the Beit T’Shuvah treatment center in Venice.

So who was Freddy? At the time, I had no idea. Later, I found out that Freddy was Freddy Negrete, a legendary figure recognized as the first Chicano prison artist to take the black-and-gray pinta-style out of the East LA barrios, and California State Prison System into the mainstream. And today, this fine-line, photo-realistic style is worn by Hollywood movie stars, musicians and sports personalities.

Growing up on a wind-swept island, in the middle of the Irish Sea, the only tattoos I ever saw were those worn by so-called “young offenders” fresh out of borstal (juvenile hall), or by the guys who’d jumped on a train to sea-faring Liverpool and signed up for the Merchant Navy.

Growing up, I’d always been fascinated with America. Steely Dan, a band I was introduced to when I was around 13, describe in their earlier albums, a darker side of America, which always intrigued me. A world of drug dealers, losers, down-and-outs and junkies set in places, which to my teenage self, invoked almost mythical images in my mind. They sang about the immigration experience (“on the rising tide to New York City”), addiction (a character who finds himself back in Vegas, again) and nuclear war (“driving through the ruins of Santa Fe”) conjuring up images that felt expansive, majestic (the Rio Grande) or exotic, and magical (Guadalajara, Biscayne Bay). These places with their enchanting Spanish names, names like San Fernando and San Gabriel, were places I dreamed of visiting one day. So when Freddy introduced himself as a member of Sangra, one of the oldest gangs in Los Angeles, and that his parents were pachuco gangsters from Boyle Heights, and Maravilla my ears pricked up. It was as if I was being invited in, to a secret world. I was aware of that word, pachuco, from a Tom Waits song that I’d always loved, “Romeo’s Bleeding” about a pachuco gangster who “sings along with the radio with a bullet in his chest” and who will “die without a wimper, like every hero’s dream.” I was captivated and, as Freddy narrated his story, it went from being fascinating (his life in the San Gabriel barrio as a young cholo gang member), to disturbing (his beatings in the foster home), to shocking and harrowing as Freddy described the death of his fifteen year old son, Lorenzo, in a gang conflict—the very same gang conflict that Freddy had been engaged in, and had vigorously promoted, thirty years earlier. How does one deal with the single, worst thing that can happen to a parent, the loss of a child?

Heroin is a drug that not only suppresses physical pain but emotional pain as well, so having ‘chipped’ (using heroin occasionally) since the 1980s, Freddy knew that the only way he could get to the point where he didn’t feel, or care about anything anymore, was to become a full-on dope fiend. And in this he succeeded, but it came with a big price tag. He talked about how, in 2007, he was diagnosed with ‘drug-induced’ congestive heart failure. And how, despite the fact that his lungs and organs were not getting enough oxygen, and he felt like he was ‘dying inside,’ he continued to inject heroin and smoke speed. He talked about his arrest on December 20th, 2007: he was lying on the bed in a motel, surrounded by dope and syringes, when the L.A.P.D. burst in. And so began his life-changing ordeal in the L.A. County Jail.

Freddy was put in this holding tank with fifty other arrestees. It was crowded, it stank but that was the least of his problems. The heroin withdrawal was kicking in and that, combined with the congestive heart failure, meant that Freddy was about to get very sick. He couldn’t breathe, and there was no fresh air in the tank, so he lay down on the floor to suck in a stream of cool air flowing through a gap under the door. The sheriffs walked by and demanded that he get up, but then they recognized him, not only as the famous black-and-gray tattoo artist Freddy Negrete, but also as the same artist who had painted murals for them, from previous time spent in the County Jail. One of the murals can still be seen in an MSNBC documentary, now painted over, it was on the “high-power” floor of the jail and based on the poster for the movie, Tombstone.

The sheriffs saw that Freddy was in a really bad state, he couldn’t breathe properly and he could hardly walk. A doctor examined him and delivered the bad news: “I just don’t see how you can go on without a heart transplant.” As a man who had spent a large part of his life in California correctional facilities, he knew he was not going to be very high on that list. He was taken to the paisa (undocumented immigrants) dorm where things went from bad to worse.



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He couldn’t lie down, if he did he wouldn’t be able to breathe, so he propped himself up under the TV. And he could only sleep a few minutes at a time, because he was constantly being jolted awake in a breathing panic. All this, combined with the cold turkey, made for a long, arduous night and then in the morning, the shooting pains came, his first heart attack. Freddy was rushed to LA General Hospital, the EMT spraying nitroglycerine on his tongue and struggling to find a vein for the IV. He was given some meds, discharged back to the jail but there was no improvement in his condition. Shortly after that, Freddy had to go to board and, as they were processing his case, he started to feel sick and started sweating. Out in the corridor, Bham! Those sharp pains came, again—the second heart attack. In the hospital he was given a different combination of meds, it seemed to him like trial and error, and he was sent back to jail—in a wheelchair. The doctor told him, “Don’t walk. Don’t even try to walk.”

Freddy talked about how he felt that he was going to die in there, in that horrible, overcrowded jail. He had lost one son, Lorenzo and he was now separated from his other son, Isaiah. So he really started thinking about God. He recalled a biblical story, about a king who was approached by a prophet and was told, “Get your affairs in order, your time has come.” But the king decided to appeal to God, directly, without going through the prophet, and because of his faith, God granted him more time, fifteen more years. So Freddy decided he also wanted to talk to God, directly, alone. There was only one place he could do that, the shower area. He was given permission to go upstairs, but because of his condition it took him half an hour to climb the steps, a Jacob’s ladder-like journey. When he got to the shower section he looked around, saw that he was alone and got on his knees. He talked to God, out loud, and he asked God for forgiveness, for a better life to help his son and serve others, and for more time. There in the Men’s Central Jail, on the 2000 floor shower area, Freddy experienced his rock bottom moment. But it was also his turning point, a pivotal moment that would trigger his healing, his ability to confront the death of his son and his recovery, not only from a severe and life threatening health condition,

but also from years of heroin and speed addiction. Five years later I would enter that same Men’s Central Jail in Los Angeles County, and walk up those same stairs and go to that exact spot, the spot and the moment that would open the doors to a new life for Freddy—a life of success, serenity and sobriety.

After the meeting at Beit T’Shuvah, Freddy and I went for a coffee, and the next day I visited him at the Shamrock Social Club on Sunset Boulevard. I really felt that this was a powerful story, a story that needed to be told. Initially, I thought I could facilitate Freddy’s story by pitching it to a publisher, and if they were interested, perhaps they would hire someone to write it.

I was driving back up to San Francisco, a five hour drive, and Freddy’s story was mulling around in my mind. And I thought about why Freddy’s story was resonating with me. What was it about this story? Then I thought about the similar change I had gone through in my life. I didn’t have a gang background, and I had not suffered the tragic loss that Freddy had, but I had also experienced recovery from heroin addiction and a transformation to a new way of life. A transformation that I was convinced came from a power greater than myself. This was at the heart of Freddy’s story: redemption, transformation. And that’s when I realized, This is my story, too. I have to write this book. So I abandoned the idea of finding another writer, and when I arrived in San Francisco I called Freddy up from the hotel room and suggested we write the book together. I remember his words, “I’ve got a really good feeling about this.” And so our journey together began.

There’s a power that comes from commitment. To making a decision where you say, “I am resolved to do this, and I’m going to persevere, despite the obstacles.” I’ve embarked on creative adventures before, thinking it will fit this market or this trend, but that’s a decision of the head, not of the heart—and those projects tend to fall by the wayside anyway—but the heart doesn’t see a market, the heart says, This is important, this is a story that needs to be told and if it inspires one person to change, to take that leap of faith and to turn their back on a lifestyle that is destroying them—and the people around them—then it’s worth it.

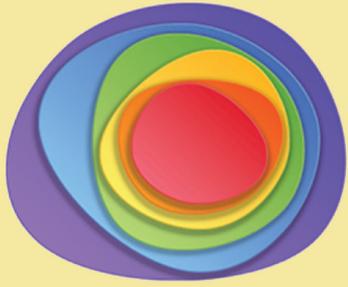
That’s something I can leave behind, that’s something I can be proud of.

We’ve had, and still continue to get, feedback from people saying that the book, ‘Smile Now, Cry Later’ has helped them, inspired them, given them courage to deal with difficult situations, and recently we received the great news that it is now on the curriculum of Professor John Ulloa’s Latino History course at Skyline College, San Bruno. But out of all the feedback the one that really stands out, is the feedback Freddy got from a friend, a fellow tattoo artist and heroin addict, who’d just finished the book and immediately called him up on the phone. His friend was in tears, overcome by the emotion of reading Freddy’s story and told him, “If you can get clean after everything you’ve been through, man, all those challenges, then I can do it. So I’ve decided. I am going to book myself into rehab. I’m going to get clean.”

It’s been a long journey, six years, from that first call to Freddy from a San Francisco hotel room in 2010 to the launch of the book—in August, 2016, at Plaza de la Raza, East Los Angeles—with many obstacles, false starts and rejections along the way, but this kind of feedback, where people have not only been inspired, but have taken action to change their lives, makes it all worth it.

Freddy Negrete and Steve Jones are the authors of ‘Smile Now, Cry Later: Guns, Gangs and Tattoos—My Life in Black and Gray’ published by Seven Stories Press, New York. Freddy works at the Shamrock Social Club on Sunset Boulevard with his son, Isaiah, and can be contacted via his website: www.freddynegrete.com





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*Sharing best
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KEYNOTE SPEAKERS



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What the Gay Rights
 Movement Learned
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by: *Kristance Harlow*

PTSD, OPIOIDS, AND DISSOCIATION

Endogenous opioids naturally occurring in the human body are different in people with trauma disorders.

Post-traumatic stress disorder can make a person feel disconnected from the world. When I was diagnosed with PTSD, I finally had something that helped explain why I didn't understand myself, and why I had an overwhelming urge to alter my perception with drugs. Right before I got sober, my journals filled up with entries that could probably be used in a psychology class, to teach future therapists what their patients might be thinking.

I wanted no one to care about me, but I also wanted to feel a connection. I didn't know if I wanted to rebel and be wild, or if I wanted to exist in a vacuum of solitude. I didn't know why I made certain choices, why I had certain thoughts, it seemed like I kept making outrageous choices contrary to how I consciously thought. I knew I shouldn't drink and I knew I should be honest, but I couldn't seem to reconcile all the pieces of myself. My substance use and abuse provided me with an excuse for my disconnected feelings. I still am struggling to understand my post-trauma identity.

Post-traumatic stress disorder puts people at risk of developing addictions. Opioids play a critical role in the biology of PTSD. Endogenous opioids naturally occurring in the human body are different in people with trauma disorders. Opioids, such as morphine, have been found to produce the same effects as spontaneous dissociation. In Judith Herman's book *Trauma and Recovery: The Aftermath of Violence* she says endogenous opioid regulation is altered significantly by trauma, and that "traumatized people who cannot spontaneously dissociate, may attempt to produce similar numbing effects by using alcohol or narcotics."

Dissociation is a natural protective measure that the brain develops to cope with distressing events. Childhood trauma is common among those with dissociative disorders, although it isn't only childhood victims who suffer from dissociation. Most of my significant trauma occurred in my mid-20s. Dissociation is not due to a separate medical condition or brain injuries. It works as intended during the actual trauma, but when it occurs in other situations it can be a disruptive, and debilitating maladaptation.

Dissociation is an experience akin to suspended reality. Many people describe it as feeling disconnected from their body, and the rest of the world. Someone who is dissociating may be unable to move or speak. Other symptoms include amnesia, confusion about your own personality, taking on different identities, feeling as if life is being lived around you, and you are just a spectator outside of your own body. I recently had a flashback followed by dissociation, during which I couldn't speak, and felt like I wasn't in my own body even though I was also stuck inside my head.

In the 19th century, the psychologist Ernest Hilgard was interested in hypnosis. In his research, he discovered that consciousness levels shift during hypnosis, and that cognitive functions are split while one part of the mind goes solo to carry out functions independently. Hilgard called this psychological state "divided consciousness." Hypnotic responses in the brain are comparable to dissociative reactions, and Hilgard theorized that hypnosis was a highly-controlled form of dissociation.

Brain imaging and neurobiological research explains that distinct areas of a post-traumatic person's brain, such as the locus ceruleus, activate with triggering stimuli. The locus ceruleus is in the brainstem and is involved in the body's response to stress. In this area, there is a high density of opioid receptors. When the brain senses danger, natural opioids are released in mass, and normal opioid receptor binding is affected. In people with PTSD, this continues long after the end of the stressful event. What this does is reduce sensitivity to physical and emotional pain. It's what happens in the brain during dissociation.

Opioids create a dissociative state where emotional responses are altered, and pain is numbed. When scientists tested stress responses in already-stressed animals, they discovered that the animals became desensitized to stressor's, because endogenous opioid production automatically kicked into high gear. Scientists successfully reversed the numbing effect with the use of naloxone. Animals that are put under constant duress seem as if they are on an opioid like heroin. Scientists also observed animals reacting like addicts in withdrawal, when an opioid blocker was used to disrupt the flow of natural endogenous opioids.

EMDR, or Eye Movement Desensitization and Reprocessing, is a therapeutic technique to help people who have experienced prolonged and severe trauma. The eye movement is theorized to work similarly to REM sleep, reshuffling and correctly organizing memories so they become less intrusive. Like hypnosis, EMDR is connected to endogenous opioid production. Patients who undergo the therapy EMDR are sometimes monitored for natural opioid production, and have even been put on opioid blockers to reduce the numbing effect of the opioids, and allow the reprocessing of memories.

I am undergoing EMDR therapy as part of my treatment program. I didn't begin EMDR until I had over two years of therapy where I learned critical coping skills. My therapist will sit opposite of me, and move her hand from side to side as I follow it with my eyes going left to right.

Con't Page 22



ABSENT PARENTING: CREATIVE COMMUNICATION WITH CHILDREN

"As a parent who raised his children in dysfunction, I know the parental wounds my children received were not intentional; often they were my best expression of love, sometimes coming out sideways, not as I intended." - David W. Earle

The Child's Burden: An estimated 26.8 million children grow up in alcoholic and addicted families. Children of Alcoholics Week highlighted many of the signs that teachers and families can see in children from addicted homes. The types of mixed messages differ from family to family, however, they all fall into the same group, the child is less important than the addiction or staying in a situation. ***I know because I chose drugs and alcohol over my children.***

However, there is something that parents can do for their children when they enter treatment to get help. It's learning to communicate creatively.

Children Get Mixed and Negative Messages: Growing up with an alcoholic or addicted parent can add increased stress to a child's life. They live in the shadows, never taking center stage; their parent's addiction comes first. In addition to the stress are the mixed messages that a child interprets directly, or indirectly from the discrepancy in what parents say and do. For instance, repeatedly saying, "I love you" then:

- 1} Leave to score drugs.
- 2} Then use instead of demonstrating this love.
- 3} Then spend money on drugs.
- 4} Forget birthdays, graduations, or other events in the child's life.

There are other mixed messages:

- 1} Do not lie to me – then force the child to keep drug use secret.
- 2} I'll take care of you - then neglect food, shelter, and medical necessities for the child.
- 3} I will always be here for you – then abandon them to get high.

Children are Scared, Confused, and Silent: Underlying all the mixed messages are chaos, and dishonesty, and the child learns: Do not trust, do not feel, and do not talk. The poet, Charles Bukowski, while relating this poem to a beating, demonstrates the contradictions faced by many children living in the addiction or domestic violence.

"... My mother, poor fish, wanting to be happy, beaten two or three times a week, telling me to be happy: "Henry, smile! Why don't you ever smile?" and then she would smile, to show me how, and it was the saddest smile I ever saw..."

Working with Addicted Mothers: In 1990, I opened a residential facility for women, and for over 20 years, I helped mothers regain custody of their children, their dignity, and learn to be responsible and accountable. More importantly, the women learned how to find the resolve to show the love that they felt towards their children.

In doing intake interviews with most women, the overriding feelings that they experienced were guilt, remorse, and recriminations or self-blame. Compounding this problem was the fact that many of these women were single mothers. The added guilt of being the only parent in the child's life, and then abandoning them to enter treatment prevented many of these women from seeking treatment earlier. When women decided to enter treatment, they cried and talked about their guilt. Most wanted to call their children the first night. Explaining that calling them when they were upset was selfish, took finesse.

Thinking Like their Children: Asking them to switch roles and think about how they would feel if they got a phone call and someone was obviously upset, they usually acknowledged that they would try to fix the situation. When I asked the women if their children had not been in the parent role of fixing long enough, usually helped the women see how calling their children was not in the best interest of the child at that time. Therefore, we had a 30-day phone restriction except for emergencies. We limited the phone conversation for two reasons:

- 1} It allowed the women to bond with, and rely on one another as resources for healing within the house.

Clearly, there might have been love and support in their family before treatment, but families do not always have answers, directions, and solutions for addiction, treatment did.

- 2} Families needed the time to organize their lives without it revolving around the actions, thoughts, and feelings of the mother; she had resources at hand.

In many cases, grandparents were raising toddlers for the first time in decades, and they needed this time to focus on the child's needs, not the mother's.

Long Distance Love and Creative Communication: Finding ways to show their love when their children were not present initially posed a problem. I looked at communication in a different form. Creating the Absent Parent part of the program allowed women to communicate with their children, while not living with them. Some of the age-appropriate ways we accomplished this were:

Letters about the Child: Rather than the typical "Mommy is sorry for the way she treated you", which in conversations most mothers agreed they had said countless times, letters home were about the child.

- Do you need anything?
- How was your dental checkup?
- How was your school day?
- What subjects do you enjoy?
- Are there subjects are you struggling with, and do you have help?
- What are you and your friends talking about at lunch?
- How is soccer, football, tennis, golf, whatever the child's sport was
- Did you get your new dress, new shirt, fingernail polish?
- How is your puppy, kitten, or and hamster?

Even children as young as three liked getting a letter in the mail. I never met nor talked with a child during family conferences that did not like the attention that they received in these letters. It demonstrated the mother's interest in her child, something that her actions in addiction did not.

We asked friends for old cards, stationery, colored pens, and bits of paper so the women could add their personal artistic touches to these communications.

Communication Calendars: When the women first arrived, we bought a calendar with a theme their children liked. Mom went back to North House and circled the days that:

- The child could expect a letter
- When mom would phone
- When there was a visitation

These became a marker of her newfound accountability, and reliability, helping rebuild trust with her child. When that letter or phone call happened on the day Mommy said it would; it went a long way towards repairing broken promises, and building trust again.

Color Me – Color You: Children Wore their Colors Proudly: Taking a copy of a coloring book page about a subject their children liked, the mother would color one of the copies and send the same, uncolored picture to her child. The child, in turn, would color theirs and send it back.

We then took a picture of the mother holding the colored picture.

Sending this photo back to the child along with a letter that told the child how important their colored picture was, helped the child see the long-distance connection.

After several of the exchanged pictures, we had the mothers ask their children which picture they would like to wear. We then made templates of the pictures, and used paints to decorate a t-shirt so that the child could wear the connection.

What do YOU Need?: After establishing trust, we had the mothers ask their children what they needed. We created a form for school-aged children with columns for Must Haves, Like to Haves, and Special, giving the children some choices in their lives, something many did not have growing up with a mom in active addiction.

With education, from the books we recommended, to finding counseling for them through the school or community resources, or private providers in their area, the children were able to understand that the addiction was not their fault, they could not have prevented it by being a better child, nor could they fix it.

Creating New Messages for the Children: These messages started replacing the old ones. The children started understanding that they were important, had needs, wants and "like to have", and that they were legitimate and okay.

Along with the caregivers' expectations, these messages from the children, then formed the basis for reunification.

Writing, and recovery heals the heart.

If you or someone you love needs help call The SAMHSA (Substance Abuse and Mental Health Services Administration) Helpline at 1-800-662-HELP (4357) may just save a life. Make that call today.

Marilyn L. Davis is a Certified Addiction Recovery Empowerment Specialist, who opened and ran an award winning residential facility from 1990-2011. She recently celebrated 29 years of abstinence-based recovery. She is the author of *Therapeutic Integrated Educational Recovery System*, and her blog is *FromAddict2Advocate*, or www.fromaddict2advocate.com In 2008, Brenau University created the Marilyn Davis Community Service Learning Award, ongoing to honor individuals working in recovery and mental health. In 2010, Marilyn received the Liberty Bell award, given to non-judges and attorneys for contributions to the criminal justice system and communities. www.twodropsofinkat.wordpress.com.



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SATURDAY JANUARY 13TH WINDSOR CLUB: Breaking Resolutions Dance. 8:pm meeting, followed by a Dance Party at 10pm - Windsor Club, 123 West Windsor Road, Glendale, California.

SATURDAY JANUARY 20TH WINDSOR CLUB: 8:pm meeting, followed by a Dance Party 9:45pm - members \$5, non-members \$7. Refreshments, and 50/50% raffle. All held at the Windsor Club, 123 West Windsor Road, Glendale, California.

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 / Alateen. Marathon Meetings, Golf Tournament, Friday Night Dance, Saturday Night Banquet/Dinner, Sunday Morning Spiritual Breakfast Meeting. www.sfvaaconvention. Convention Hotline (818) 734-0383.

UPCOMING

FRIDAY, FEBRUARY 23RD- 25TH 2018: Miracles In The Desert, 5th Annual Round Up, Yuma Arizona. Arizona Western College (AWC) 2020 S. Avenue 8E, Yuma, Arizona, 85365. RV Parking South side of Schoening Conference Center and Dry Camping is available @ AWC campus, 2020 S. Avenue 8E (NO CHARGE) Tent Camping is available at Mitty Lake and Senators Wash. Contact Yuma Area BLM Office for information. 7341 E 30th St, Yuma, AZ 85365 (928) 317-3200. For Information visit: www.yumaroundup.org/wp/

APRIL 27TH TO 29TH, 2018: Camp Seely "EASY DOES IT WEEKEND". Crestline, California. www.easydoesitweekend.org

SEPTEMBER 21 - 23 2018: "AA Ardennes — The Road to Happiness" International AA Convention, Houffalize, Belgium. Over 70 planned open AA meetings, English, French, German and Dutch meetings, AA & Alanon meetings and workshops, Campfire meetings. Fri., Sat. & Sun. guest-speaker meeting (Eng.)

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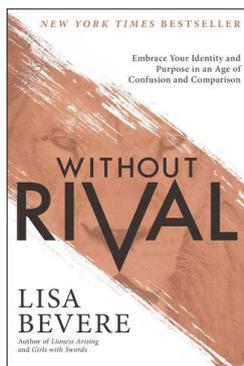


WITHOUT RIVAL, Embrace Your Identity and Purpose in an Age of Confusion and Comparison. Written by Lisa Bevere. Published by Revell, a division of Baker Publishing Group.

There is a reason we look at others as rivals, therefore limiting ourselves. We have an enemy that assaults our will, mind and emotions making us turn not only on others, but on ourselves as well, creating confusion about our identity and limits our purpose in life. In *Without Rival* Lisa Bevere does what she does best; she pulls us close to her feminine heart with empowering and healing words and tell us "Daughter, you ARE enough, because you are uniquely loved".

This book is a beautiful description of the unique love God has for each of us. Lisa is carrying such a timely word; if you struggle with feelings of not belonging, worthlessness or just a lack of purpose; this book is just what you need to silence your inner critic. Lisa's words will help you discover how to experience the freedom and the confidence that comes from knowing you are God's perfect masterpiece. God has positioned you to find contentment in the midst of any circumstance and live a life without comparison.

It will challenge, inspire and equip you to pursue the Lord's unique calling on your life. Understanding who you belong to, your place in the family of God. Reading this book will make you feel like God is putting His hands on both sides of your face, looking you straight in the eyes, and then slowly and firmly saying, "I Love You". After reading this book I can't imagine anyone doubting God's love for them. If I had the money, I would buy and give one to every woman I know. It is that great. Do yourself a favor read this book. Available at www.Amazon.com.

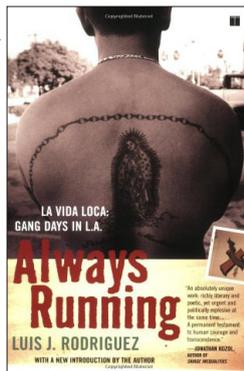


ALWAYS RUNNING: La Vida Loca: Gang Days in L.A.: Written by Luis J. Rodriguez. A Touchstone Book, Published by Simon & Schuster.

I had the pleasure of meeting Luis J. Rodriguez, at Tia Chucha's Cafe & Centro Cultural, I had no idea of his fame and notoriety at the time. He struck me as a humble and noble man, who lived a life of purpose. Someone I wanted to know. As I finished this book he became a hero to me.

While reading "Always Running", I got lost in the words that created his world. Luis takes you through his childhood, showing us how pain and rage begin in the heart of this young Latino man. We walk his path, and see how the un-met needs of his youth, captured in a dead end system created the space for violence and addiction. We are shown why people join gangs, are violent, and lose themselves in the process of surviving a deadly day to day life. This book is raw and real. Luis tells us how he went from victim to perpetrator, to witness, to revolutionary.

This book is used in some schools to teach, and is banned from other schools. He speaks to the students at both private and public schools. He has appeared on countless major media programs such as, "The Oprah Winfrey Show" and "Good Morning America". His words are being used to change the world, to uncover an unjust reality, and to give HOPE to a new generation. I cannot wait to read his other book, "It Calls You Back". I give this book Five Stars. Available at www.Amazon.com.

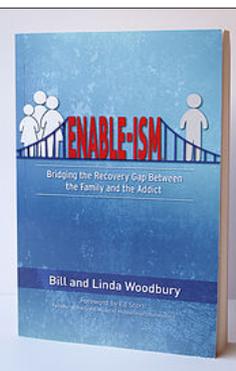


ENABLE-ISM: Bridging The Recovery Gap Between the Family and the Addict; Written by Bill and Linda Woodbury. Published by Good Son Books.

This book is structured for the reader, to help enable them to see the dynamics of the family's intricate individual roles. The precise way Bill and Linda explore, and explain how each member should be in unison with all of its parts, gives a clear picture to the reader, showing it creates cohesiveness within its core.

To help their loved ones to become independent adults, the addict needs to deal with the transitional effects that the treatment facilities environmentally produced. When the family of the addict is given understanding, they then can accept and acknowledges there are different stages of the disease. What Bill and Linda Woodbury want to convey, is that overall healing is truly a family affair. It takes all of the complex components, which makes up one of the strongest bodies of our society, and that being the family unit.

Tomorrows successes begins today, each member of our families imparts a lifetime of influence they uniquely give, at times unknowingly. Once we learn to be responsible to others, with understanding, compassion and unmerited love, the controlling aspects of being responsible for others then becomes a thing of the past. The family unit has some remarkable healing properties, when each member is truly involved with one another's spiritual, psychological and physiological health, homeostasis within the family then becomes stable. This is a must read for everyone. Available at www.enableism.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.

Change in Action

HOPE OF THE VALLEY RESCUE MISSION

Our vision is to tangibly demonstrate God's love to the Hungry, Homeless and Hurting of the greater Los Angeles area by offering:

- **Hope:** A message of love, support & freedom for a better tomorrow.
- **Hot Meals:** Food distribution to the hungry.
- **Housing:** Emergency/transitional shelter to the situational and chronically homeless.
- **Health Services:** Resources for basic human needs.
- **Healing:** Proven programs that lead to wholeness and self-sufficiency.



www.HopeoftheValley.org • (818) 392-0020

PATH Making It Home by the numbers www.eath.org 323.644.2200

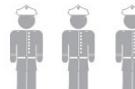
People moved in

Jan 2013 - March 2017

Families
2,898



Veterans
2,295



Individuals
2,123



Total people: 7,316

Permanent homes built

Completed



12 Communities
674 Units

In construction



2 Communities
105 Units

Coming soon



5 Communities
340 Units

Total units: 1,119

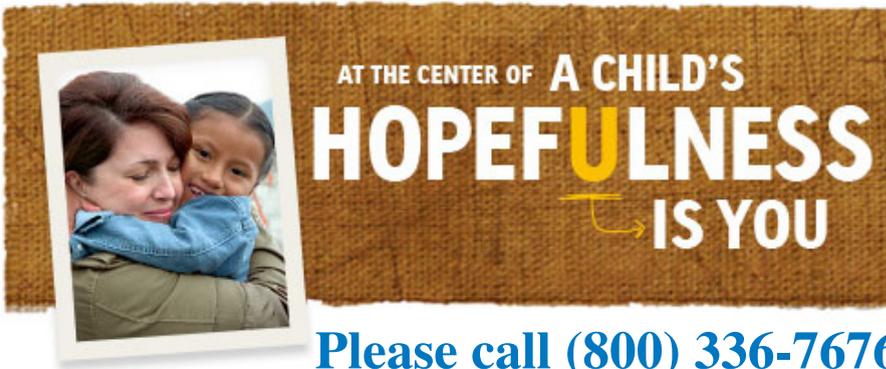
www.MakingItHome.org

www.Compassion.com

Releasing children from poverty

Compassion[®]

in Jesus' name



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

12STEPSOBERLIVING.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.

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, In the heart of Encino. (818) 571-8946, www.AngelVillaSoberLiving.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

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.

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, pay weekly or monthly. Move in today. Call Suzy for Info (818) 660-8070.

PRIMARY PURPOSE SOBER LIV-

ING 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

You can email, or mail your classified ads to us. 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 at (818) 386-8400 to confirm receipt of your ad.



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www.OasisWomensRecovery.org

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

We accept PPO & Private Pay

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www.AltadenaRecoveryCenter.org

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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.

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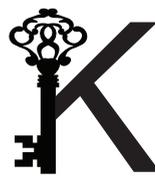
Classified Ad Content: _____

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.lacaa.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: sfolvalleyhow@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, 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.ocfoundation.org (617) 973-5801.

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

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

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

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

Pills Anonymous: (PA) www.pillsanonymous.com

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

EMERGENCY HEALTH & MENTAL SERVICES

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

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

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

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

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

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

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

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

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

FOOD AND FINANCIAL ASSISTANCE

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

MEALS SERVED & SERVICES OFFERED:

Homeless Shelters listed most have food programs.

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

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

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

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

FOOD BANKS

APLA's Necessities of Life Program 7336 Bellaire Ave., N. Hollywood, CA. Thursday 10:30am to 4:pm, (213) 201-1600.

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

Catholic Charities/Guadalupe Community Center 21600 Hart St., Canoga Park, CA. Once a month, or on emergency basis. Food recipient must register (818) 340-2050.

Children's Hunger Fund 12820 Pierce St., Pacoima, CA (818) 899-5122.

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

First United Methodist Church 18120 Satcoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135.

INFO LINE of Los Angeles Phone: (800) 660-4026.

Los Angeles Food Bank (323) 234-3030.

North Hollywood Interfaith Pantry - 4390 Colfax Ave., M & F open from 9:am to 1:pm - (818) 980-1657.

Manna, Ministry to the Poor 6642 Reseda Blvd., Reseda, CA. Every Saturday, (except the first Saturday of each month) 11:am to 12:15pm, (818) 776-9696.

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

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

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

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

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

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

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

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

INFORMATION & REFERRAL SERVICES

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

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

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

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

Sober Living Network (310) 396-5270.

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

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

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

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

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

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

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

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

Vital Services Resource Guide

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

DISABILITY SERVICES

Job Accommodation Centers, Toll Free (800) 526-7234 (voice & TDD).

RIDE INFO Paratransit Referral Service, transportation voucher program, (800) 431-7882.

Social Security & Medicare Eligibility, Info (800) 772-1213, TDD (800) 288-7185.

HOMELESS SHELTERS & RELATED

At The Fountain Transitional Living (310) 631-1600.

Beyond Shelter: Homeless Services (562) 733-1147.

Casa Youth Shelter (562) 594-6825.

Centennial Place Permanent Housing (626) 403-4888.

Children of the Night (818) 908-4474 ext. 0.

Children's Hunger Fund (818) 899-5122.

City of Refuge Rescue Mission Personal Good Service (323) 759-2544.

Covenant House California (CHC) provides shelter and services for homeless, at-risk, & trafficked youth 18-24, 1325 N. Western Ave., Hollywood, CA 90027. (323) 461-3131. www.covenant-housecalifornia.org

Dimondale Adolescent (323) 777-6258.

East San Gabriel Valley Coalition For The Homeless (626) 333-7204.

Ella's Foundation Homeless Services (323) 761-6415.

Fervent Heart LLC (626) 319-7479.

Family Promise of Santa Clarita Valley (661) 251-2867.

Family Rescue Center (818) 884-7587.

Global Childrens Organization (310) 581-2234.

GRCN Connecting Communities (562) 293-7595.

Glendale YWCA Domestic Violence Project (818) 242-4155.

Global Human Service Inc (818) 507-6026.

Friends helping Friends Inc: Homeless, No Money, We can help - Sober Living. (323) 293-9778.

Family Promise (818) 847-1547.

First Step Transitional Living Foundation (323) 830- 6517.

HPRP Los Angeles Homeless Assistance (213) 683-3333.

HPRP Pasadena Homeless Services (626) 797-2402.

HPRP Huntington Park - Homeless Services (323) 388-7324.

HPRP Lynwood - Homeless Assistance (310) 603-0220.

HPRP Compton - Homeless Assistance (310) 605-5527.

Habitat For Humanity (818) 899-6180.

Harbor Rose Lodge (310) 547-3372.

Hazel Transitional Housing (213) 327-7986.

Higher Goals Inc. (323) 755-9702.

Homeless Health Care Los Angeles www.hhcla.org, (213) 381-0515.

Homeless Adult Center (626) 403-4888.

Hope for Homeless Youth (213) 353-0775.

House of Hope (323) 663-1215.

Hope of The Valley: (818) 392-0020, www.hopeofthevalley.org
December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776.

Jenesse Center (323) 299-9496.

Joshua House For The Homeless (323) 759-1625.

Jordan's Transitional Shelter (323) 577-5941 or (424) 785-7781.

Lillie of the Valley Shelter (323) 971-4432.

Lamp Community Homeless Drop In Center (213) 488-0031.

Los Angeles Mission (213) 629-1227 x305.

Long Beach Family Shelter (562) 733-1147.

Long Beach Rescue Mission (562) 591-1292.

Los Angeles Youth Network (323) 957-736.

Los Angeles Family Housing (818) 982-3895.

Mitchell House Substance Abuse Treatment Veterans (310) 398-0191.

Nancy Painter Home Transitional Housing For Women (818) 246-5586.

New Image Emergency Shelter (323) 231-1711.

New Directions (Veterans) Res. Drug Treatment (310) 268-3465.

NCH National Coalition for the Homeless (202) 462-4822, www.nationalhomeless.org

OPCC Safe Haven (310) 883-1222.

Passageways Homeless Intake Center (626) 403-4888.

Pentecostal Outreach (562) 313-1257.

PATH: People Assisting The Homeless (323) 644-2200.

Rochester House Transitional Living (213) 986-5599.

Runaway Homeless Youth Shelter (310) 379-3620.

Rainy Day Emergency Shelter (562) 733-1147.

HOMELESS SHELTERS & RELATED

S.P.Y. Safe Place for Youth: Supportive Services for Homeless & At Risk Youth. Drop in Services, meals, hot showers and clothing. 2469 Lincoln Blvd., Venice, CA 90291 (310) 902-2283.

The Salvation Army Adult Rehab Center, 21375 Roscoe Blvd., Canoga Park, (818) 883-6321.

Salvation Army The Way Drop in Shelter for Youth (323) 469-2946.

Salvation Army Westwood (310) 477-9539.

Sunshine Mission for Women (213) 747-7419.

Salvation Army Glendale Chester Village For Homeless Families (818) 246-5586.

St Joseph Center Homeless Services & Meals (310) 399-6878.

Sanctuary of Hope (323) 786-2413.

Samaritan House (562) 591-1292.

San Fernando Valley Rescue Mission (818) 785-4476.

The Midnight Mission (213) 624-9258.

The Children's Life Saving (310) 450-3701.

TEAM HOUSING (310) 631-9516.

Union Rescue Mission (213) 347-6300.

Union Station Homeless Services (626) 240-4550.

U.S. Mission Canoga Park Transitional Housing (818) 884-4409.

Volunteers of America Homeless Support Services (626) 442-4357.

West Side Homeless Outreach, Inc. (310) 570-9065.

WLCAC Homeless Access Center (323) 563-4721.

DOMESTIC VIOLENCE

Amanecer/Community Counseling Services (walk-in center only) (English, Spanish) (213) 481-1792.

Battered Women/Children Hotline, (818) 887-6589.

Bienvenidos Children's Center, Inc. (walk-in center only) (323) 726-9790.

Bilingual Shelter for Victims of Domestic Violence, (800) 548-2722 (24 Hour).

Center for the Pacific Asian Family (800) 339-3940.

Chicana Service Center (English, Spanish) (323) 268-7564.

Child Protection Helpline, (800) 540-4000 (24 Hour).

Children's Institute International (walk-in center) (213) 385-5100.

Domestic Violence (SAFE): (800) 799-7233 Crisis Hotline.

Domestic Abuse Center (walk-in center only) (818) 904-1700.

East Los Angeles Women's Shelter: (walk-in center only) (323) 526-5819, 24 Hour Hotline (800) 585-6231.

Family Crisis Center (South Central): (323)737-3900.

Glendale: YWCA Domestic Violence Project (818) 242-1106.

Haven Hills: www.havenhills.org (818) 887-7481 (818) 887-6589.

Helpline Youth Counseling (walk-in center) (562) 864-3722.

House of Ruth (909) 623-4364.

Human Services Assoc. (walk-in center) (562) 806-5400.

Institute for Multicultural Educational Services I.M.C.E.S (walk-in center only) (213) 381-1250.

Jenesse Center www.jenesse.org (323) 299-9496.

Jewish Family Service of Los Angeles/ Family Violence Project/ Tamar House www.jewishla.org (818) 789-1293.

Foothill Family Services (walk-in center), (626) 338-9200.

Legal Aid Foundation of LA (LAFLA) (323) 801-7991.

Mental Health Center Inc. SFV Community (walk-in center only) (818) 838-1352.

Project Peacemakers, Inc. (walk-in center only) (English, Spanish) (323) 291-2525.

Prototypes (walk-in center only) (323) 464-6281.

DOMESTIC VIOLENCE

Safe Horizons (800) 621-4673 (HOPE).

San Pedro, Rainbow Services: (310) 547-9343.

Santa Monica, Sojourn: (310) 264-6644.

So. California Alcohol & Drug Program/Angel Step Inn: www.scadp.org (562) 949-5358.

The Good Shepherd Shelter: (323) 737-6111.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

RAPE HOTLINES

RAINN Hotline (victims of sexual assault) (800) 656-HOPE.

Rape Hotline (24 Hours) (800) 585-6231. www.elawe.org

S.A.F.E LA www.safela.org/rape-and-sexual-assault

Rape Hotline (800) 978-3600 (So. California): 24 hours a day, seven days a week. Callers can get help in eleven languages (English, Spanish, Korean, Vietnamese, Mandarin, Cantonese, Tagalog, Khmer, Japanese, Thai and Armenian).

Rape Hotline (213) 626-3393 (Central Los Angeles)

Rape Hotline (310) 392-8381 (South Los Angeles)

Rape Hotline (626) 793-3385 (West San Gabriel Valley)

Stalking Hotline (877) 633-0044 (Stalking Hotline)

National Domestic Violence Hotline: (800) 799-SAFE (7233) (800) 787-3224 TTY

SUICIDE PREVENTION

Jason Foundation A Youth Suicide Prevention Program, www.jasonfoundation.com, (888) 881-2323.

National Suicide Prevention Lifeline (800) 273-TALK

Suicide Prevention 24Hour Assessment Center (800) SUICIDE (784-2433).

Suicide Prevention Center (877) 727-4747.

TEEN LINE: Teens Helping Teens US & Canada (800) TLC-HOPE or (310) 855-HOPE www.teenlineonline.org

HEP C / HIV / AIDS INFORMATION

AIDS Project Los Angeles - APLA, Los Angeles - **HEP C - APLA**, www.apla.org, The David Geffen Center, 611 S. Kingsley Dr., Los Angeles, CA 90005, (213) 201-1600 Main line, (213) 201-1500 Client line

Asian Pacific AIDS Intervention Team: (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen, 1730 W Olympic Blvd., #300, Los Angeles, California **HIV/AIDS Hotline** (800) 367-2437. Spanish (800) 400-7432.

Clean Needles/Harm Reduction LA (323) 857-5366.

Friends of Aids Foundation (310) 401-4755. Referrals to **National AIDS Hotline**, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)

REACH (risk reduction education and community health) FREE testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse-etc., HIV+ or HIV- people in need. (866) 33-REACH.

HepCHope: www.hepchope.com Hotline (844) 443-7246

On-Line Resources for Hep C: www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

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

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We learn that true well-being comes from helping others, honestly facing and resolving problems, and transforming character defects into virtues.

Addiction is an endless search for something to fix us, fill us, or at least distract us. Recovery requires a contrary perspective. We must look deeply into ourselves and life to find that the greatest treasures are always available to us. Instead of asking why we can't get what we want, we can be grateful for what we have. Instead of obsessing on future goals, we can be grateful for the present moment. Instead of reliving the pain of past trauma, we can be grateful that we are now safe and have compassionate, understanding people to support our healing. Instead of being stuck in toxic shame, we can be grateful to take contrary positive actions today.

Gratitude is the key to seeing goodness, beauty, peace, and love within us and all around us. Gratitude is the key to moving from problems to solutions, and from despair to resilience. Instead of life being a competitive race for top praise, possessions, success and security, we can be grateful to extend actions of gentleness, generosity and grace, for they bring an unparalleled sense of happiness and unity.

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 Amazon.com



Yes, you might spend your entire life in the recovery airplane. But a mediocre recovery is not truly living. Some might call this merely surviving. But, due to the fact that anorexia nervosa has the highest mortality rate of any psychiatric illness, tragically, many of us won't survive in the plane forever before it runs out of gas. Are you stuck in the recovery airplane? How can you begin to lessen your grip on the door of that plane, and consider taking a leap of faith? Can you begin to trust God, a higher power, or anything?

Clarity in the Free Fall to Recover Our Lives: When we jump, the synergy of all of our recovery efforts truly begins to pay off. All of those therapy appointments begin to connect with the dietetic appointments, in ways that we had never considered. Our doctor visits move us forward in ways that hadn't happened previously. This is difficult to explain; it is spiritual. It is the exhilarating freefall. No longer trapped in the airplane; the world looks different from our new perspective. We can see parts of life that were covered up before. We are finally viewing our existence without eating-disordered glasses clouding our sight. All in all, we recover from our eating disorders in order to recover our lives.

Faith Provides the Strength To Never Give Up: When you get the urge to quit, try looking up. Try praying in whatever form that takes for you, or whatever faith resonates with who you are. You might be too tired to utter a single word. But God, a higher power, or even your intuitions are big enough to connect with your heart. For all of us, it is through our struggles that we stumble upon our strengths. Let spirituality guide you to a new resilience, one that you never imagined possible. After jumping out of the recovery plane, you will be stronger than before. You will be happier and experience a greater peace. Hold onto this hope. Full recovery from an eating disorder is absolutely possible. Never give up.

Jenni Schaefer is a singer/songwriter, speaker, and the bestselling author of Goodbye Ed, Hello Me and Almost Anorexic, a collaboration about subclinical eating disorders with Harvard Medical School. Her first book, Life Without Ed, has been released as a 10th anniversary edition as well as audiobook. She is a National Recovery Advocate for Eating Recovery Center's Family Institute. In partnership with Insight Behavioral Health Centers, Eating Recovery Center provides specialized treatment for eating disorders as well as related disorders, including PTSD. Visit EatingRecovery.com/Jenni and JenniSchaefer.com.

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Freedom from Bondage

CON'T FROM PAGE 8

A really big issue is drug dreams. They happen randomly. They are asleep having a dream. The dream is of them using. It seems so real that when they wake up they swear that they really did use. It feels real, the memory was real and even the same body feelings are the same. It's a very unsettling feeling for anyone to go through.

Memories are a link between something in the past, with something that is occurring now. It can be pictures, movies or even a conversation. For many it takes a long time for those memory links to sever. As time passes our brain forgets the old thoughts, replaces old ones with learned new ones and adapts. But a old thought can jump out of nowhere.

I hope this helps explain a little bit of what's going on without writing a book. I tried to write it so it related to some of what you've had in your lives.

Ed Brazell has a family facebook site called Addiction Really. He runs a non-profit to help people into treatment. Ed is also a member of NCADD and is in the process of opening "Courage to Change Recovery Center". He started this journey after his son had a problem with opiates. It has become his passion to help those, who don't have a voice after seeing what drugs do to a family.



It sounds like a gimmicky carnival act but it works. We go through series of these movements, each one beginning with me focusing on an upsetting memory. As I move my eyes I am supposed to allow the thoughts to pass by, then we discuss what I experienced. Sometimes I experience dissociation during EMDR sessions, where I feel as if my body is physically manifesting memories before storing the stress in a more comfortable location. I am part of a recovery group for my alcoholism, and I see both a psychologist and a psychiatrist regularly to work on my PTSD. I know that one disorder could not be treated without also addressing the other.

Co-occurring disorders have long been recognized as needing multiple treatment methods. When only one of the disorders is targeted in treatment, people are more likely to relapse. However, recovery communities don't always disseminate information on the interconnectedness of substance use disorders and PTSD. If someone with this comorbidity is lucky enough to get a bed at a rehab covered by insurance, they are mainly going to be treated for their addiction, and not their PTSD. Connecting the dots of opioid dependence and trauma could shed light on how to help those who suffer from both trauma, and substance use disorders.

Kristance Harlow is a writer and an advocate for mental health awareness. She fights stigma by writing candidly about domestic violence, addiction, and mental illness. Find her and more anti-stigma writing at diggingtoroom.com or on social media @heykristance. This article originally appeared on The Fix (www.thefix.com)

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