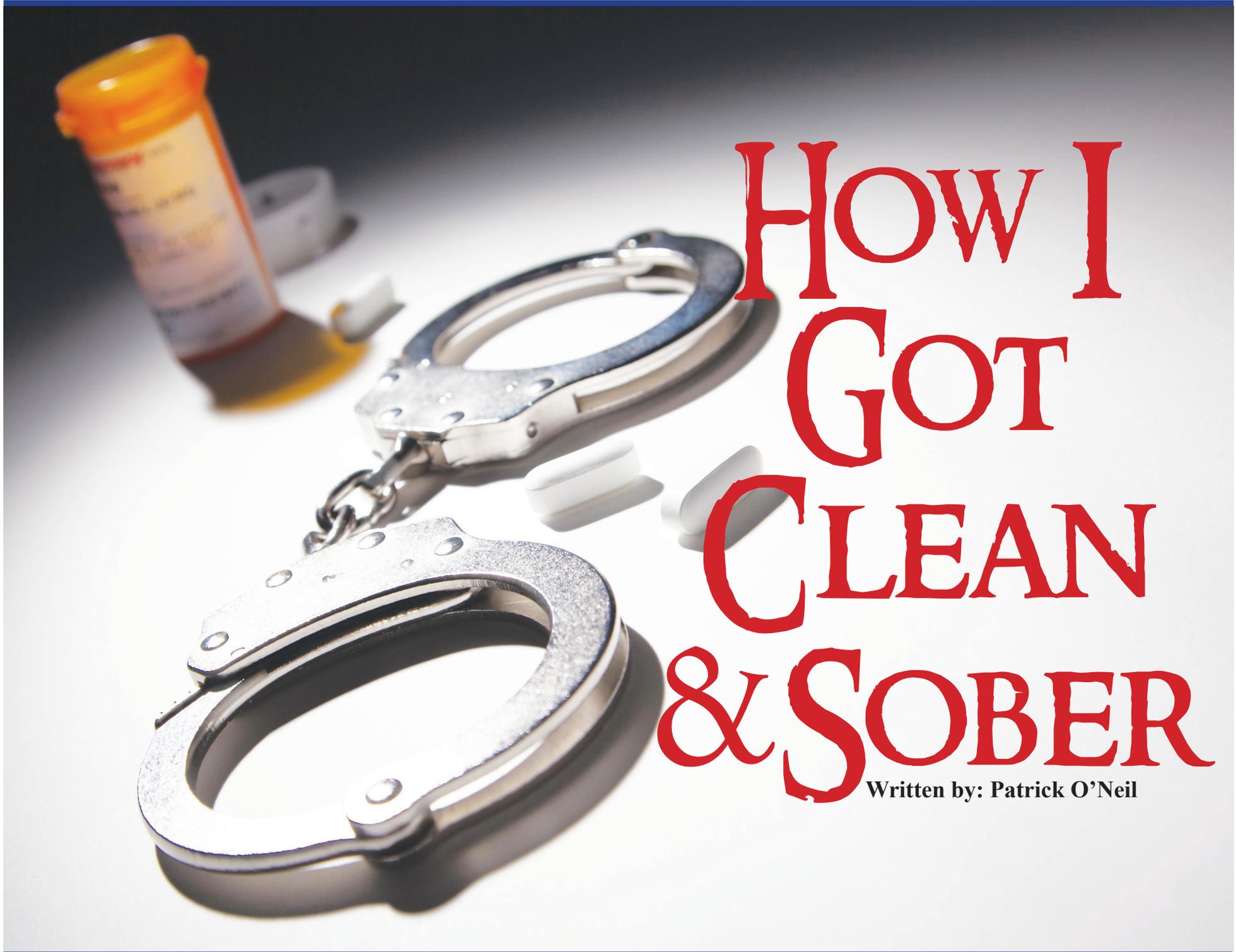


March 2018

# KEYS TO RECOVERY — NEWSPAPER, INC. —



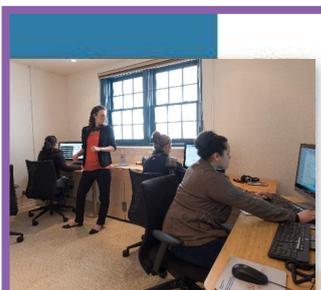
## HOW I GOT CLEAN & SOBER

Written by: Patrick O'Neil

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## About Us

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



Hi family welcome to the March 2018 issue of “**Keys to Recovery Newspaper**”.

February was a great month, short, sweet, and to the point. Marcus (my husband, and Vice President of “**Keys to Recovery Newspaper**”) celebrated 6 years clean and sober, while I celebrated 32 years. We are blessed beyond measure, and we thank God daily for his mercy and grace. Our recovery became our mission.

This month’s issue is filled with experience, strength, hope, inspiration, and our favorite - **Redemption**. This is our goal month after month, to bring hope to the hopeless. We know that recovery is possible, and our purpose is to get that message to as many people as possible. It is not always easy, but this is our labor of love, and we thank all of you who help us to fulfill this purpose.

While putting “**Keys to Recovery Newspaper**” together each month, we get the opportunity to meet some of the most inspirational people, some call them contributing authors, we call them **everyday heroes**. Each column is filled with someone’s life lessons, their pain, their journey, their hope, given freely to you our reader. Read all of our columns, read all the books we have reviewed, and be changed forever by the message contained in each. I believe that God put a dream in my heart, that dream was to carry the message of recovery. That dream becomes a reality each month we print “**Keys to Recovery Newspaper**”.

I have so much gratitude in my heart for the journey of recovery, that I am on today. I have learned to turn my “Past Pain” into my “Present Purpose”. Every mistake I made can be used to help someone else, either as a warning or as an example of getting up from a fall. In recovery we are graced with the gift of the “present”. Learning to be in the moment we can experience life to the fullest. Not every moment is great, but we learn to find moments of greatness through God.

- Jeannie Marshall, President & Cofounder

Hello everyone, this year is starting off to be a very blessed one for us here at Keys to Recovery. We want to thank you all for supporting us over the last three years, we’ve been blessed with an incredible group of talented writers, the support of our advertisers, staff and each one of you who read and use our recovery newspaper monthly.

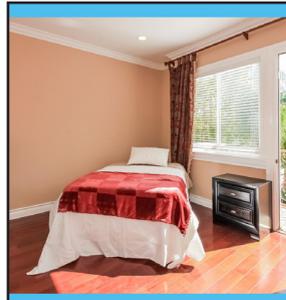
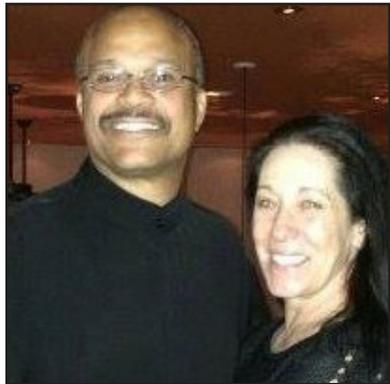
I just recently celebrated my sixth year of sobriety on February 22nd, and I have honestly grown more within these last six years, then in all of the forty plus years that I was in my addiction. I will also celebrate my fifty-eighth birthday on March third, I was truly amazed when I took the time to reflect on my past addictive behaviors.

It’s by the grace of God that I’m still here being able to share my thoughts with you, with clarity I visualize the different situations in my past that should have been my demise. It’s mesmerizing how much God loves each and every one of us, even when we were at our worst. He pulled me out of the furnace, in a matter of speaking, countless times.

Sobriety has been my saving grace, it has helped me to appreciate who I am, and all of what I have. My life is a miracle that continuously shows me how important we all are, and how each and every one of us has a true purpose in life. I absolutely love my life now, its not perfect, but its mighty close to being just that.

Thank you all for being a source that we can express our feelings and aspirations to, and in turn we hopefully gave you some comfort along this journey. This is a WE program, and I for one I’m extremely thankful for all of you. I hope that every step of the way this year, we all will listen for that small quiet voice telling us to be patient, kind and loving in all of our affairs.

Marcus Marshall, Vice President & Cofounder



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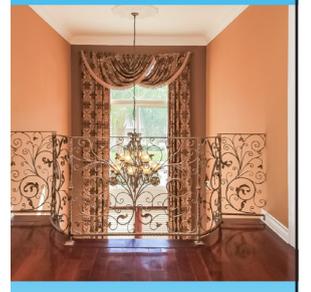


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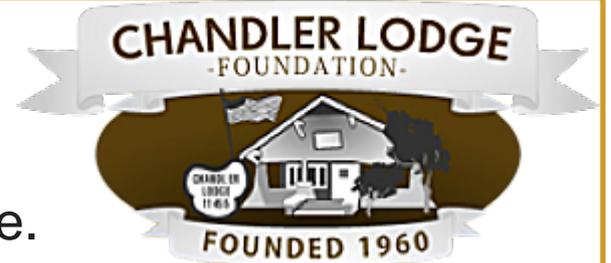
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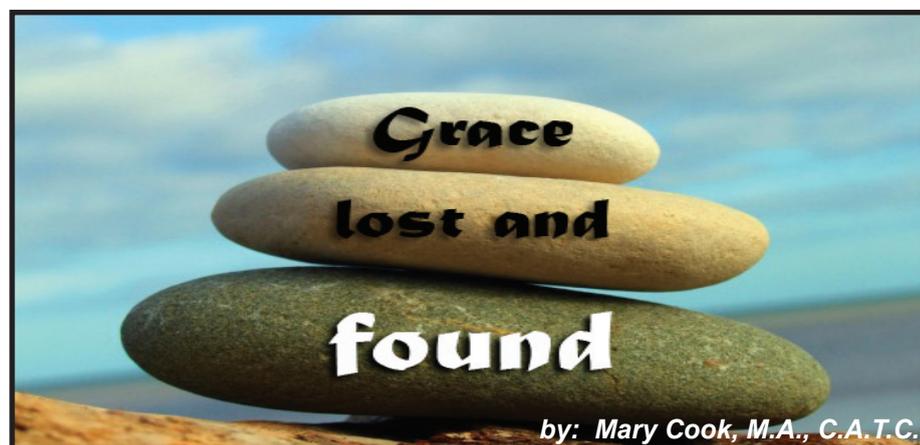
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## SELF AND ESTEEM

The psychological task for young adults is identity development. This requires deep, sustaining personal reflection and inquiry through a process of trial and error. Topics include strengths, weaknesses, talents, interests, morals, values, priorities, life purpose, philosophical, political, and spiritual beliefs, likes and dislikes in all areas of life, compatible academic and career options, knowing what stimulates sadness, happiness, hope, anger, anxiety, and how to respond to life and its changes in healthy ways. In learning who we are, how to resolve problems and heal pain, learning when to be flexible and when to stand strong, and how to thrive and continue to mature allows us to take responsibility for our own happiness, health, and fulfillment, rather than believe in and depend upon external fixes. This paves the way for positive esteem and fulfilling relationships.

The lack of a healthy childhood and adolescence, or the disease of addiction beginning in teenage years, sabotages identity development and creates a false and incomplete sense of self. Therapeutic intervention and recovery is needed to transform character. We must identify and surrender characteristics that arose from reactions to, and internalizing examples of trauma, stress, and dysfunction, in order to discover true identity. Reflecting on relationships with self, others and even a Higher Power indicate dominant themes that need healing. Examples include people pleasing and codependence, controlling and rebelling, selfishness or self-deprecation, judgment or apathy, isolation or intrusion, lack of personal responsibility or perfectionism, over-identifying self with hobbies, work, academics or a specific quality, label, or feeling.

Positive esteem is not possible without a true sense of self, thus defenses attempt to compensate for this deficiency. Arrogance, self-righteousness, superiority, narcissism, bullying, blaming, denial, delusions, and prejudice are symptoms of a lack of true identity and esteem. Recovery presents abundant opportunities to feel safe, and to connect with others in healthy ways. Reciprocal sharing provides insight as to how trauma, stress, and addictions interfere with a sense of personal safety and comfort with others, and how necessary defenses then block personal examination and reasonable thinking, thus creating a false self. Recovery takes time, examples, and encouragement for healthy contrary actions from false self, and tasks by which to discover true identity. Step work and therapeutic directions from caring, supportive people assist in healing and recovery.

Honesty, open-mindedness, and willingness allows us to access a deeper wisdom within us, rather than the mental chatter which binds us to past perceptions and habits. Acceptance of life on life's terms, and powerlessness over people, places, things, and mind-altering substances, allows us to focus on personal examination and positive change. Giving and receiving actions of compassionate caring allow us to feel a spiritual sense of unity, and awaken a higher love that was hidden behind defenses. Experiencing gratitude for all those who help us in recovery, and for our life today gives us boundless joy for our blessings, and resolution and resilience for our burdens. Humility gives us awe and wonder, and unlimited resources for learning and growth. Surrendering to our Higher Power gives us a life of surprise and adventure well beyond what our human mind could imagine.

True identity arises from surrendering aspects of false self, and demonstrating increasing awareness, healing, and competency in mental, physical, emotional, and spiritual growth. Falsely perceived limitations, labels, fixes, and defenses are relinquished in favor of a deep, thorough, honest, holistic, and spiritual identity. Esteem is sustainable when aligned with true identity, and relationships with others, life, and a Higher Power are fulfilling when the relationship with self is healed and whole.

[WWW.MARYCOOKMA.COM](http://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.



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## BREATHWORK, BECAME LIFEWORK

"You're going to feel a little light-headed, but that will pass after about 7 minutes" she says. I roll my eyes; I bet we're going to hyperventilate or something. "This is about deepening your connection to your spirituality." Really? You're going to teach me about spirituality? "Your body is going to start to vibrate and you may begin to cry." I'm crying already; the smelly smoke of sage burns my eyes as it permeates the room, and if she keeps talking about self-love and spirituality, I'm going to walk out; I checked into this treatment center three weeks ago, and they're telling me to breathe my way to recovery? "You're going to feel a sense of euphoria by the time we're done, just push through the discomfort." Euphoria? My ears perk up. That could convince me; I just survived a six-month bender with nothing but watered-down Utah beer for sustenance, and came out okay. The stench of beer-sweat, vomit and urine couldn't be worse than this weird hippie breathing technique. Forget it; I'll try it.

We all laid down and began a strange two-part breath. It was tough at first, but the music was good; she didn't play any gongs or chanting woo-woo noise. Modest Mouse came on the play list as I started to feel dizzy, but the woman urged us on with gentle direction. I was still skeptical, though. Breathing? Inhaling and exhaling air was the key to getting me sober? I do that every darn day. The dizziness eventually passed and my body started to vibrate in a way that made me feel okay – actually, better than okay. I felt comfortable in my own skin.

"Wow," I thought. "This is exactly what MDMA feels like. This is incredible." My hands cramped up and I went straight back to thinking we're just hyperventilating, but I kept breathing. As we neared the end, I felt like my spirit snapped back into my body. It was as if it was done waiting to see if I'd self-destruct. Is he going to successfully achieve suicide this time? Is that going to be the drink that finally kills him? Is this meth dealer going to stab him? My body felt heavy and light at the same time with the kind of euphoria I'd only been able to source from drugs and booze. And I loved drugs and booze, but this wasn't that. As the woman instructed us to start what she called the "resting phase," I bathed in a sense of relief that felt beautifully foreign, and sank into what seemed like a lucid dream state. I felt extraordinary; like I was floating off the floor. Energy pulsed through my entire body as if I was connected to it for the first time, and most importantly, I felt like maybe – just maybe – everything was going to be okay.

"Alrighty, open your eyes and come on back," the instructor said, and I sat up stunned at a loss for words – a feat in and of itself; I loved the sound of my own voice. When it was my turn to share my post-breath experience, I muttered something about hyperventilation and she smiled wryly – she's clearly heard that before. As the other clients in the room wiped away tears and talked about their newfound feelings, I noticed that parts of my identity, qualities I had exchanged for meth and beer, were accessible for the first time in God-knows how long. And I felt whole. I stopped the instructor to tell her that I had just braved the most profound experience of my life – that was saying a lot; I'd eaten plenty of magic mushrooms – and, once I got my life together, I'd like to learn to teach the technique to others. With a smile, she said, "The biggest lie you'll ever tell yourself is that you can't help people right now."

As soon as they let me out of treatment, I drove to California to begin working with David Elliott, the man responsible for making this breathwork technique what it is today (and taught Corrie Borris, the woman responsible for helping me get sober with breathwork). I traded my skepticism for curiosity and before long, I felt like I found my place in the world. I left my old job behind and lost almost as much as I did in active addiction, but I persisted. I chose to focus on my recovery and endured years of training, which led me to bring breathwork into local treatment centers. I began building what's now known as Breathwork for Recovery® but, at the time, momentum was slow. People seeking recovery are skeptical (rightfully so); they've been sold lines of b.s. their entire lives and, like I once had, found it tough to believe that breathing was a solution. But the results spoke for themselves.

Over the last seven-and-a-half years, I've brought Breathwork for Recovery® into numerous treatment centers throughout Southern California, and watched breathwork positively impact thousands of people suffering with substance use disorders. Through group workshops, private sessions, and a weekly Tuesday-night support group, countless people have learned to break free from addiction, trauma, and unhealthy thought patterns, and it has been an honor to help lead the way.

Nathaniel Hodder-Shipp (aka Nathaniel V. Dust) is the founder of Breathwork for Recovery® and a CADC-II breathwork practitioner. For more information, email [breathworkforrecovery@gmail.com](mailto:breathworkforrecovery@gmail.com), call/text (888) 690-BREATH (2732), or visit [BreathworkforRecovery.com](http://BreathworkforRecovery.com).

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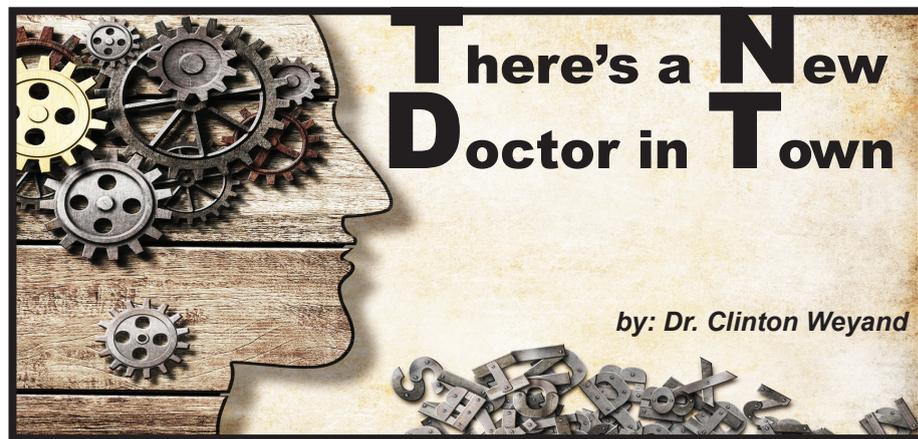


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# There's a New Doctor in Town

by: *Dr. Clinton Weyand*

Dear Doctor Clint:

My sponsor and so many people in recovery keep telling me, "It's a selfish program; stay focused and keep on working your program." I am confused about the differences between selfishness, self-love, and self-interest. Can you provide some clarity on this subject? *Michael W.*

Dear Michael:

Let's start with the bottom and work our way up. The ultimate selfishness is being isolated, alienated, and alone with your drug of choice. Here, we are cut off from community and drifting in self-destructive, and unsafe space. Frequently, attitudes of terminal uniqueness, entitlement, perfectionism, arrogance, grandiosity, and self will run riot have brought us to this place, where practicing our addiction seems to be the only answer. The illusion is that we have no other choice.

Many of my clients discover that they have to let go of an unhealthy idealized self, which is the life of the party, but is deadening their real self. This is frequently an existential crisis where they say, "Everyone loves Party Joe, and they are bored with my real self." Why can't I continue to indulge my narcissistic need to be the center of attention? There is no harm in entertaining others.

Unfortunately, without courage and the willingness to work the Program, many people never break out of this shell, and develop a rigid Narcissistic Personality Disorder, in which, real soulful growth has stopped. They frequently remain stuck at the developmental level of a teenager, and they have no emotional maturity to invest in their relationships. This is also a fancy way of saying that they are unable to love.

The healthy alternative is to deeply surrender to our self-care and work our program. This is not selfishness, ego-inflation, or any negative label placed by people who do not understand the deep flowing, and emotional process of recovery.

We must learn how to "play" with Narcissus. Narcissus was a beautiful person in Greek mythology, but he was apathetic and insensitive to others. The gods made him fall in "love" with himself, and he could not stop gazing at his reflection in a pool of water. Eventually, he fell into the water and drowned.

In the programs of AA and NA, we know that this unhealthy self-centeredness and self-absorption are at the root of our addiction. We are putting on a show, a performance, and we are forever trying to arrange the lights and the scenery.

Breaking out of the narcissistic trap involves going to meetings, letting go of control madness and perfectionism, and keeping the focus on satisfying our needs in healthy, gentle, and harmonious ways; learning the obvious and subtle differences between self-care, and ego-centered self-seeking.

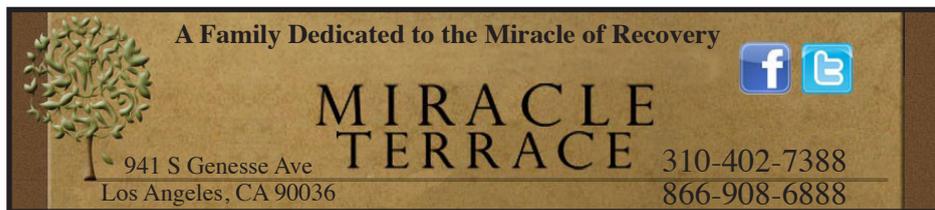
And one more thing...we must seek a Higher Power of our own understanding; we must realize our specialness in a healthy way. We are not better than everyone; we are equal to everyone. This gives us the opportunity to love rather than rule, manipulate, or control. And, when we say, "God, what is the next step in my relationship with you?" We listen. When God speaks to you insides of your own Being, you might hear "trust me" or "pray". When we work the steps, and keep our focus on the divine next step, we are creating the Joy of Being and living the promise of a spiritual awakening.

***"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma-which is living with the reality of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And, most importantly, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."* Steve Jobs, Stanford Commencement Speech, 2005**

*Dr. Weyand studied Community Clinical Psychology at the baccalaureate and graduate level at CSUN where he graduated Magna Cum Laude. He then studied Counseling Psychology at the Doctorate level at USC. He is also a graduate of the Addiction Studies program at Pierce College. Dr. Weyand has 30+ years of experience working in recovery and behavioral healthcare. He began his career at Woodview Calabasas Psychiatric Hospital as the Assistant Administrator, and Director of Community Services. He was Director of the Adult Unit at Van Nuys Psychiatric Hospital for over 10 years, where he worked with troubled adolescents and adults. For Appointments or Consultations, he can be reached at (818) 341-0283 or (818) 800-4814.*



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## YOU DON'T LOOK LIKE YOU HAVE AN EATING DISORDER

Words from Well-Meaning Doctors Can Sometimes Hurt . “You don't look like you have an eating disorder,” a well-respected (supposed) expert once said to me.

He was the first doctor that I sought help from, at the age of 22, when I realized that I really did have a problem with food.

Since the age of four, I had battled eating-disordered thoughts, so you can imagine how difficult it was for me to push past the denial, stigma, and shame that I felt at the time, to walk into his office and say those five distressing, difficult words:

**I have an eating disorder:** Getting to this point, having the insight that I really did need professional help, had taken nearly twenty years to develop. Finding the courage to walk into his office had taken even longer.

Since I didn't look sick enough to have an eating disorder (to him), I was dismissed. I felt confused. I started to wonder, “Do I really even have a problem? Do I deserve to get help?” I felt more ashamed than ever.

Today, I know that there is no shame in having an eating disorder, and that anyone who struggles deserves help. I also know this key point:

**Eating disorders don't “look” a certain way:** You can't tell just by looking at someone if they have an eating disorder. People of all shapes and sizes, all ages and all backgrounds struggle with body image issues, and disordered eating behaviors.

So, why would a doctor say something so unprofessional and dangerous?

Unfortunately, stigmas surrounding eating disorders abound, even in the doctor's office. Unless healthcare professionals seek out specialized training on eating disorders, many will never learn the facts about eating disorders.

Doctors have said many other unhelpful things to me over the years. I'm not saying that these doctors were cruel; they were probably doing what they thought was right. But, as far as my illness was concerned, they really got it wrong.

**What doctors shouldn't have said to me, concerning my eating disorder:** “You're fine.” My friends worried about me in college; many believed that I might have an eating disorder. I surely didn't think I had a problem, but I went to the college doctor to get them off my back. I didn't know anything about eating disorders at the time, but looking back, I can see that I basically shared all of the symptoms of anorexia nervosa with this doctor. Because she probably didn't know any better, she only asked me one “diagnostic” question, “Do you eat?” Based on my fake smile, nearly perfect resume and my response, “yes, of course, I eat!”, she said I was fine. But, I surely wasn't fine.

I walked out of her office and into the hands of Ed, my “eating disorder,” and didn't get help for another five years.

**You will never get better:** In early recovery, my doctor explained that an eating disorder is like diabetes. According to her, an eating disorder never goes away, but we can learn to “manage” it. She let me know, that even after years of experiencing freedom, my eating disorder might come back at anytime, in a moment's notice, in both difficult times and good ones. She said that I might expect a visit from Ed when I get married, have my first baby, and am doing otherwise great. When she said those words to me, I felt liked I'd been kicked in the stomach.

I am better. I got married, and, unfortunately, divorced, without a visit from Ed, and I even beat posttraumatic stress disorder, PTSD, in the process. (You can, too.)

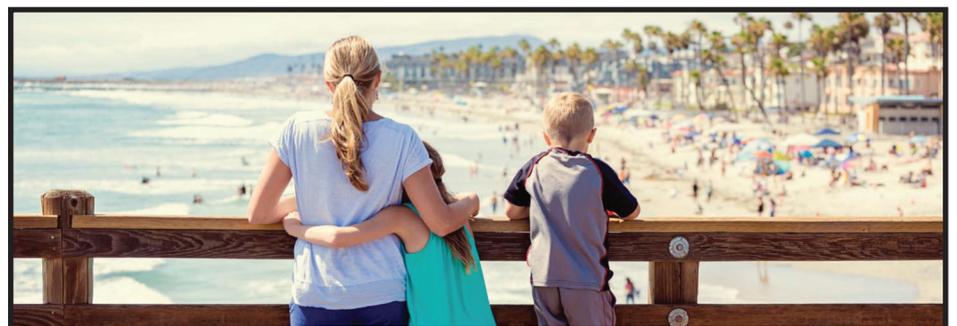
**“Your weight is \_\_\_\_.”:** I asked my gynecologist, during a routine appointment, not to share my weight with me. My treatment team had explained that this information, from doctors that are not eating disorder specialists, could be triggering in my still-fragile state of recovery. Even though the number on the scale had nothing to do with a pap smear, the doctor blurted it out. I was devastated. I cried. I ran into a pole in the parking garage. And to top it off, she demeaned me for having such a reaction. I think that's what hurt the most.

Today, fully recovered, learning my weight in a doctor's appointment is no longer a trigger, but it took years for me to reach this point.

**“Stop eating cheese.”:** One doctor said this to me in response to a high cholesterol reading. What? I thought. I worked for over five years, in my personal recovery, to add cheese back into to my diet! Yes, I struggle with high cholesterol, the familial kind. And I have figured out how to manage it in ways that don't involve removing pizza and my other favorite foods. Yes, make that a cheeseburger, please.

**“I just started a new diet. I think it might help you, too.”:** So many doctors shared their diets with me over the years, to help me deal with issues from osteoporosis to PTSD. The truth was that I developed weakened bones because of extreme dieting! And, to heal from PTSD and many other illnesses, we require solid nutrition, not fad diets.

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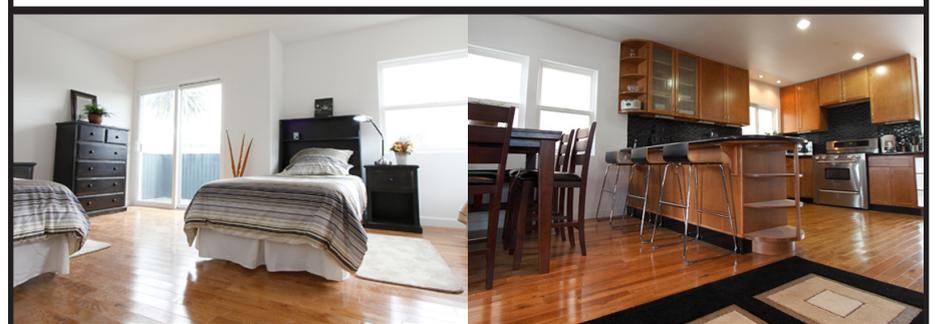
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# Freedom from Bondage

by: Randy Boyd

## LISTEN TO ENCOURAGE

I am one that has a hard time starting things, but once I do there is no stopping me. This is in part due to the residual lack of self-confidence because of an abusive childhood, parents and people that only put me down, because they were incapable of building me up. It is my belief that parents and/or people's behaviors are all learned behaviors. These behaviors are handed down from generation to generation. Therefore my stepfather and mother were incapable of treating me in a kind, loving and nurturing manner. After all, very abusive parents raised them. If a person was raised in an abusive environment, that does not justify them repeating those behaviors with their children, family, or friends. We can and must change to stop the cycle of abuse.

I have come a long way in the last twelve years. I've been successful at everything I have done in life. Sometimes because of pure grit and not wanting to look like a failure to others. However, as an adult, especially since getting sober twelve years ago, I have always had someone pushing me, believing in me, and encouraging me. I have learned a lot from those abusive years. First of all, I would not be the man I am today had I not experienced all that I have in my life. I learned how not to treat my wife and children. I learned how not to treat people or employees. Everything I experienced in my life was a lesson, and everyone I came in contact with was a teacher, and I still apply this principle in my life today.

My biggest success story happened this past summer. In 2012 I had the dream of riding my bike across America – The Ride Across America to Stomp Out Shame. My goal was to raise awareness, and deliver a message of hope and healing about the sexual abuse of men. It did not happen in 2012. At that time in my life people who were more discouraging than encouraging surrounded me. No matter how hard I tried to make it happen, it just was not meant to be.

When it resurfaced in 2016 it was a completely different story. I was surrounded with people that not only believed in me, but also believed in my cause. I had very creative people approach me to help in any way they could. But mostly they encouraged me to follow my dreams. They helped with fundraising, making phone calls and whatever it took.

Today I surround myself with people who only encourage me. However, my wife is my biggest encourager and supporter. She is also the one that I tend to push against the most. I also have my Celebrate Recovery Team who, even though it might not always be verbal, always encourages me by their own growth, which inspires me daily.

I am currently working on moving the Courageous Healers Foundation to the next level. Once again, self-doubt is setting in. I have been working with a wellness coach for the past several months, and she has been gently pushing and encouraging me to step way out of my box. She does it not by telling me, but by asking me questions about myself. You see, we all have the answers inside of us. Sometimes we need someone to listen and hear us, and then just ask us the right question. This is exactly what my wellness coach does for me, and exactly the way I work with those that come to me seeking help.

On a recent bike ride, I had a very encouraging conversation with one of my cycling buddies, who is a Christian. I told him I was struggling and he new exactly what I was talking about. As we talked, he gently reminded me of who I am in Christ, and of God's promises for me. Again he first listened to me, heard me, asked some powerful questions, and then spoke life into me. He didn't tell me what I needed to do or try to fix me, just spoke love and life into me.

It is when I am on my bike that God speaks to me the most. First He will gently tell me to take off my headphones. Then He speaks to me answering most of the questions I have for Him. It is also in the quietness of the high country, on a hike or lying on the beach, that I receive guidance and visions.

As long as I remain open minded and willing, I know God will show up at the right time, and with the right person no matter where I might be. Everything I experience in life is a lesson, and every person I come in contact with is a teacher. Today I surround myself with people who only want to build me up. Those who want to be negative and discouraging – I discard.

My past no longer defines me. It is what I have experienced, not who I am. Today my self-confidence is much better. Yes I do have my days, but I just stop, breathe and focus on how far I have come in the past twelve years alone, and how much good I have done. I am no longer that young adolescent child that is full of shame, and lacks self-confidence. I am a strong, courageous, confident and powerful man.

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](mailto:www.courageoushealers@gmail.com)



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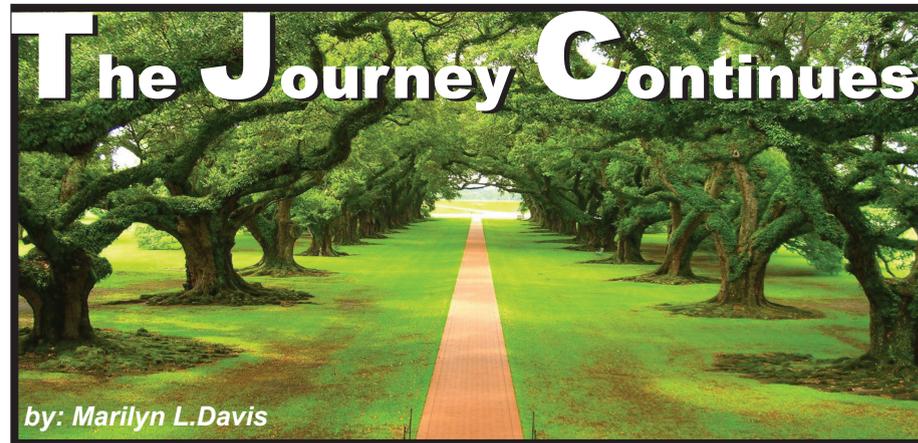
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## RECOVERY IS SEQUEL & SECOND CHANCES

**This Feels and Looks Familiar:** In early recovery, I had a sense that I was like an adolescent, ready to strike out and see what the world had to offer. I had options; something I didn't have in my addiction. But, like the adolescent who has to give up childish things, I was going to have to make significant changes, and make better choices. While there were doors ready to open, I needed guidance on which to choose.

Recognizing that if I continued to make poor choices, relapse, or revert to old behaviors, my life would continue being negative outcomes. My mentor told me that if I found myself in a similar situation, reflect on my earlier choices. If I got a sense of "I've been here before", then I probably had enough history to make a more informed and better choice. If you continue to get the same outcomes, even with different people and situations, then it is time to look at the one common denominator, you. The first time my mentor said that to me, I took offense at his comment. I thought, how dare he; he has no idea what I have been through in my life. But, 28 years later, I am writing it for you to look at.

**A Second Chance to...** I'm asking you to check your choices and second chances. It's not to irritate you or criticize you; nonetheless, some of you will feel resentful. However, if you get beyond the feelings, think about it logically, if you do not like the outcomes of past situations, what can you change within you to attract different results?

Realistically, there will be similar situations in your early recovery. For instance, someone in your office asks you to check a report. In the past, you would have brushed them off complaining about all that you had to do, hoping that they did not inconvenience you so you could meet friends at the bar as soon as possible, or rush out to pick up those drugs. Then you needed some help with some of your work, and there was no one that was willing, or they were all too busy.

In your recovery, you've got endless opportunities to do things differently. Think about what motivated your behaviors before, and what you can realistically change.

**Change: From – To:** I like specifics, how to do something all neatly arranged, "who done its" and tidy packages. So when I received the vague, "You need to change" to get different outcomes from my mentor, my first response was irritation. Finally, I ask if there were three important categories of things to change within me to affect outcomes. I got this list:

- 1. **Attitude**
- 2. **Behaviors**
- 3. **Communication Style**

I still thought the response was too general, so I asked him for definitive aspects to change. He gave me a list of common self-defeating attitudes, and said I should pick four that applied to me; preferably, ones that I knew resulted in less than favorable results and outcomes.

It was not hard to decide which attitudes I needed to change; people in my life had commented on some negative attitudes that I demonstrated; therefore, I started with them. Your negative attitudes might be different, but learning its opposite, points you in the right direction. This simple exercise worked for me twenty-eight years ago, and I believe it will work for you today.

**What's Your Attitude about a Second Chance?** Next, I looked at how my attitude influenced my behaviors. I was looking for patterns of behaviors, with the intention of changing them for the opportunity at something different. Rather than compare mine to yours to find differences, think about how your attitude causes and drives your behaviors to help you structure this exercise specific for you.

**What Drove Me to Think, Act and Communicate As I Did?** Some of us speak in ways that will elicit adverse outcomes; we might come across as condescending, a know it all, rude or unkind. Often, our impatience to get to the bar showed up in our conversations with people. On the other hand, we wrongfully assumed that family would automatically tolerate our outbursts. Here too, reflecting on how you communicate with people gives you another opportunity to change. With these other changes in communication style, you will reduce the times that your outcomes are negative.

**A Second Chance to Change:** There were no benefits when my behaviors were fueled by negative attitudes and feelings. Mainly, my motive for my use was to change the way I felt. I could not be bothered to be responsible, show a satisfactory work ethic, or take other people's opinions or needs into account. Consumed with fears, I was anxious the majority of the time; primarily about people questioning me about my use of pills and alcohol. These fears and other motives made dealing with me difficult, and created my negative outcomes. When I isolated the attitudes, behaviors, and communication style, I knew that I was the problem; and if I were going to be successful in my recovery, I should change more than not using drugs and alcohol.

Since I was uncertain what else might need changing, I looked at the resources that were available. I went to some co-workers, made amends, and asked for their advice and guidance.

**How Do Successful People Handle Similar Situations?** It felt strange to begin with when I asked the same people I had dismissed, if they would share with me how they were successful in life. I acknowledged that I had not paid attention to their attitudes, behaviors, and communication styles before, but I wanted to change.

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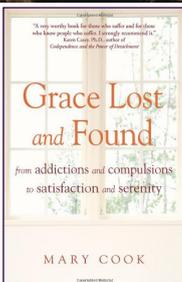
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## THE SAVAGE AND THE SAGE

Learning to distinguish self-will from God's will.

Have you heard the old Indian teaching from a Cherokee grandfather to his grandson about life. "A fight is going on inside me," he said to the boy.

"It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

We can take this story and easily apply it to early recovery. We either feed our addiction or feed our program. What does this mean for us later on – once the obsession has been lifted? What are the more subtle ways we can practice surrendering to a Higher Power? This practice is the most important relationship we can nourish. Recently in a step study, Kelly was asked to define Higher Power. It gave her the opportunity to see what that looks like for her, at this point in her recovery. It has changed many times over through her journey.

This is what Kelly wrote: "Higher Power means a wisdom and grace that operates beyond my human limitations. It is the intelligence that creates life – that organizes everything that is infinite. It is a power that I cannot fully understand and when I think I do – I end up back in my mind, distracted, and not consciously connected. Higher power is what I feel in my heart. It doesn't use words unless it needs to for me to understand my next lesson. It is generous, has my back, and interested in my learning and success. I am always in need of it if I want to live in harmony, and/or see myself honestly. It allows me the opportunity to experience the pain of natural consequence because it loves me, not because it's punishing me. It knows that sometimes the creation of my own suffering is what is needed in order to surrender."

As we come to deepen our connection to this power, we learn what it feels like to be in the experience of sanity. Sanity (in the 12 Steps & 12 Traditions) is defined as soundness of mind. This means being able to move through life mindfully, consciously, awake, and with peace. When we feel safe we are capable of pausing – until we know the right move. When we don't feel safe we feel chaos and move quickly. Sanity is patient, intuitive, responsible, and aware. When we are aligned with our higher power we feel sane. We can see the current moment as it is, rather than from past trauma. We get to walk in faith knowing that a higher power is with us, and that everything is happening for us, rather than to us. When we are sane; We are able to recognize that every challenge is an opportunity for spiritual growth, and we have the capacity to honor our lessons. With sanity comes humility.

Being restored to sanity is an ongoing practice. It is noticing when we fall back into that place that is restless irritable and discontent. When we are blazing through life like a savage, (self-will run riot) we learn to recognize that there is another way. We turn towards our Higher Power which leads to our inner Sage – that place of peace and intuitive wisdom, and we begin to lean into that instead. It helps to know some of the distinctions between the two in order to deepen our awareness of ourselves, and who we are being.

Savage runs on fear and survival, Sage allows us to run on faith and love.

Savage is always in a hurry, and Sage allows us to walk in peace.

Savage is impatient, and Sage allows us to trust.

Savage runs with urgency, and Sage allows us to allow life to unfold perfectly and organically.

Savage wants all the answers, and Sage allows us to surrender to uncertainty.

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**Clinton Weyand, Psy.D.**

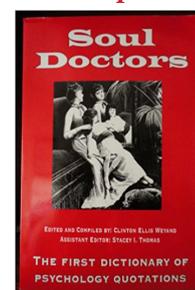
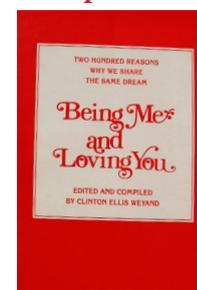
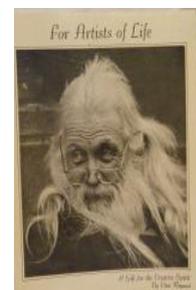
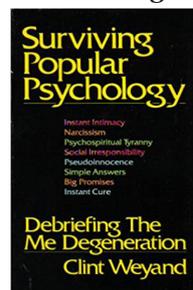
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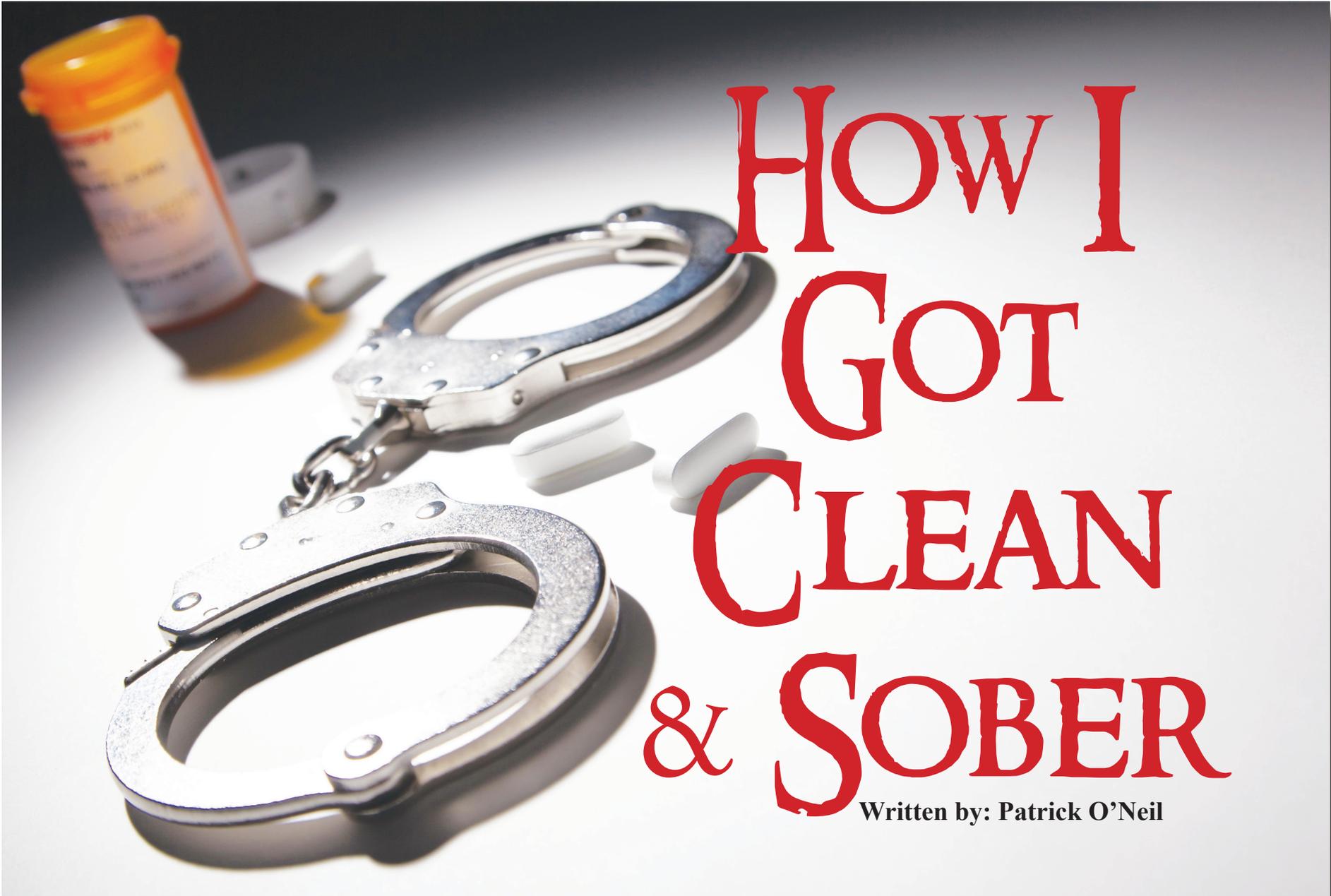
Dr. Clinton Weyand has over 30 years of experience working in behavioral healthcare. His career began in Psychology at Woodview Calabasas Psychiatric Hospital. Then for 10 years he served as the Director of the Adult Unit at Van Nuys Psychiatric Hospital. He also specializes in working with dual-disorder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

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# HOW I GOT CLEAN & SOBER

Written by: Patrick O'Neil

My last robbery was the worst most botched up job I'd ever done. I'd targeted this certain movie theater because they held their entire weekend's take, in order to deposit it every Monday morning into the bank next door. Confident I'd be there before the manager had even filled out the deposit slips, I loaded up on a plethora of drugs: heroin because I was addicted; Valium to steady my nerves; a hit of crack because it was there and a shot of speed to get me out the door. I was a complete wreck—definitely not in what anyone would possibly consider a right frame of mind to even consciously watch TV, let alone wave a gun around a crowded Cineplex.

The kid that was doing the driving was a bit reluctant to go with me in this condition. "Don't worry," I said. "I got this under control." When he pulled up to the theater, I hastily slid the ski mask over my face and stumbled into the box office. Unfortunately I was hours late—perhaps it was that extra hit of crack that delayed me—and the manager was long gone. The only money was a few hundred that was in the till. When I ran back out to make my getaway, a bus had pulled up alongside the kid's car, effectively blocking us in. Sitting in the passenger seat screaming for the kid to get us out of there, I knew my time was up. Surprisingly, we did make it out of there. Not so surprisingly, the cops kicked in my apartment door a few hours later and dragged me off to jail.

I had been using drugs for over 20 years, the last 18 of which I'd been addicted to heroin. My ever-increasing habit had been the deciding factor for committing armed robberies; it had actually been my primary source of income for the previous few years. The fear of withdrawal had me stuck, and I was scared as hell of trying to quit. After having run the gamut of crimes, I'd finally settled for the one with the biggest immediate financial return. Yet, now circumstances had done something for me that I couldn't do for myself. The police had essentially done me a favor. I'd been so out of control for so long that I'd basically forced them to come get me, and sitting in county jail I was able to actually kick heroin for the first time without interruption in many years.

This would be the first in a long line of "favors" I received that would ultimately help get me clean, though at the time I didn't see them as favors. Hard-headed and convinced I was destined to be a junkie forever, it took me a few more years to get it.

Yet when the state of California offered me a three strikes 25-years-to-life conviction on that robbery, and a dozen others the DA had charged me with, it was a big jolt of reality. All my life I had thought the rules didn't apply to me, and here the state was making it quite evident that the same laws that governed the rest of you also governed me. Realizing that I could quite possibly be incarcerated for the remainder of my life was intensely sobering.

I made a resolution that if I got out, I was going to stay away from drugs and quit doing crimes. And I'd like to say that that was what I did. But it wasn't that easy.

Convicted of two counts of robbery and sentenced to serve only four years, I was eventually released on parole with nowhere to go. Knowing that it was just a matter of time before I'd be back to doing what I did best, I checked into a long-term residential rehab. Yet just being in a rehab doesn't work if you don't really have a program of recovery, and after 18 months I relapsed.

For the next six months I wallowed in subjugated depression, unable to stop using. Out on the lam, I avoided my parole officer, who wanted to send me back to prison. It was one of the worst periods of my life. And when I finally had a moment of clarity, I applied to another residential rehab and even though I lied about being off drugs, they did me a favor and took me in. And here again I'd like to say that I was the perfect client doing all the right things that the program asked of me, except that wouldn't be the truth.

Yes, I had stopped using drugs, but I was still the same person inside. And even though it was perfectly clear at this point that the rules did apply to me, I still acted as if they didn't. Ignoring the rehab program's requirements of attending a daily 12-step meeting and getting my attendance slip signed, I'd instead go to the café down the street and read the paper, and drink coffee.

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And then, borrowing a pen, I'd elaborately sign my own attendance slip and go back to the men's dorm to take a nap. Because of this, another favor was bestowed upon me. A woman I was in treatment with caught on to what I was doing and, jealous of the fact that I was getting away with it, ratted me out to the counselors. That afternoon, the program director found me napping (another infraction of the rules) and dragged me into his office where a hastily assembled staff meeting was in progress. The topic of discussion was my expulsion. When it became more than apparent that the staff meant to kick me out (which would have been considered a parole violation, and I would've been locked away for at least six months), I promised that I'd follow all the rules, including getting a sponsor to work the steps.

A few weeks later, while complying with what was asked of me, I realized just how hard I'd been working to not do the right thing. I had been going against the right way for so long, I really didn't know there was any other. When I finally surrendered and started working the steps with my sponsor, I was able to actually gain an understanding of how futile everything I had done was. I was just screwing myself even further, and when I stopped breaking the rules and started adhering to them, things began to change. It's probably more accurate to say that this was when I began to change. I was no longer concerned with getting over on those around me. I didn't need to control or manipulate everything and everybody. And finally the most important: I wasn't the center of the universe and everything wasn't about me.

This internal work hasn't been easy. There have been times where I've wanted to give up and not feel the emotional pain that self-reflection can produce. Yet in doing so, I have grown into the person that I am today, a person that I've always wanted to be - someone with integrity, compassion and commitment.

*Of course, I had to destroy my life to get here.*

*This piece was originally published as "How I Got Sober: Patrick" in the eBook "How I Got Sober: 10 Alcoholics and Addicts Tell Their Personal Stories: From the AfterParty Archives", published by The After Party Group (2015).*

*Patrick O'Neil is the author of the memoir "Gun, Needle, Spoon". For the past 17 years he has lived and worked in the recovery community as a recovering addict/alcoholic, a drug and alcohol counselor, a college instructor, and a narrative therapist.*

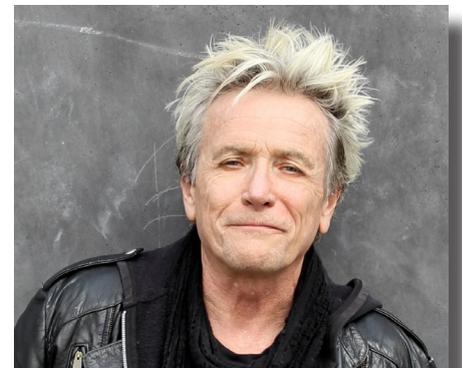
*In 2015 the State of California granted him a Certificate of Rehabilitation. In 2016 California Governor Edmund G. Brown awarded him a Governor's Pardon. He has taught writing workshops in numerous correctional facilities and institutions and continues to be of service to his fellowship and community. O'Neil lives with his wife Jennifer and two giant cats in Downtown Los Angeles. For more information, please visit: [www.patrick-oneil.com](http://www.patrick-oneil.com).*

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"Gun, Needle, Spoon is a great read. O'Neil speaks the truth plainly. Real, honest, pure, natural good writing with no self-pity and at the same time no bragging. A page-turner. Wish I could write music like O'Neil writes prose."  
—Klaus Flouride, Dead Kennedys

**GUN  
NEEDLE  
SPOON**  
a memoir  
**PATRICK O'NEIL**

FOUNDATIONS EVENTS

# INNOVATIONS IN RECOVERY

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– APRIL 9-12, 2018 –

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## KEYNOTE SPEAKERS

### Michael Botticelli

*Former Director of the White House  
Office of National Drug Control Policy*

### Sam Quinones

*Journalist and Author of Dreamland: The  
True Tale of America's Opiate Epidemic*

FoundationsEvents.com



## PTSD & SUBSTANCE ABUSE IN VETERANS

Some of the most common causes of the condition include:

- Military combat
- Violent assault
- Natural disasters
- Sexual assault
- Childhood abuse

Some people try to cope with their Posttraumatic Stress Disorder (PTSD) symptoms by drinking heavily, using drugs, or smoking too much. People with PTSD have more problems with drugs and alcohol both before and after getting PTSD. Also, even if someone does not have a problem with alcohol before a traumatic event, getting PTSD increases the risk that he or she will develop a drinking or drug problem.

Eventually, the overuse of these substances can develop into Substance Use Disorder (SUD), and treatment should be given for both PTSD and SUD to lead to successful recovery. The good news is that treatment of co-occurring (happening at the same time) PTSD and SUD works.

How common is co-occurring PTSD and SUD in Veterans?

Studies show that there is a strong relationship between PTSD and SUD, in both civilian and military populations, as well as for both men and women.

Specific to Veterans:

- More than 2 of 10 Veterans with PTSD also have SUD.
- War Veterans with PTSD and alcohol problems tend to be binge drinkers. Binges may be in response to bad memories of combat trauma.
- Almost 1 out of every 3 Veterans seeking treatment for SUD also has PTSD.
- The number of Veterans who smoke (nicotine) is almost double for those with PTSD (about 6 of 10) versus those without a PTSD diagnosis (3 of 10).
- In the wars in Iraq and Afghanistan, about 1 in 10 returning soldiers seen in the VA hospital have a problem with alcohol or other drugs.

How can co-occurring PTSD and SUD create problems? If someone has both PTSD and SUD, it is likely that he or she also has other health problems (such as physical pain), relationship problems (with family and/or friends), or problems in functioning (like keeping a job or staying in school). Using drugs and/or alcohol can make PTSD symptoms worse.

For example:

- PTSD may create sleep problems (trouble falling asleep or waking up during the night). You might “medicate” yourself with alcohol or drugs because you think it helps your sleep, but drugs and alcohol change the quality of your sleep and make you feel less refreshed.
- PTSD makes you feel “numb,” like being cut off from others, angry and irritable, or depressed. PTSD also makes you feel like you are always “on guard.” All of these feelings can get worse when you use drugs and alcohol.

• Drug and alcohol use allows you to continue the cycle of “avoidance” found in PTSD. Avoiding bad memories and dreams or people and places can actually make PTSD last longer. You cannot make as much progress in treatment if you avoid your problems.

• You may drink or use drugs because it distracts you from your problems for a short time, but drugs and alcohol make it harder to concentrate, be productive, and enjoy all parts of your life.

It is important to know that treatment can help and you are not alone.

Evidence shows that in general people have improved PTSD and SUD symptoms when they are provided treatment that addresses both conditions. This can involve any of the following:

- Individual or group cognitive behavioral treatments (CBT)
- Specific psychological treatments for PTSD, such as Cognitive Processing Therapy (CPT) or Prolonged Exposure (PE)
- Behavioral couples therapy with your spouse or significant other
- Medications that may help you manage the PTSD or SUD symptoms

The first step is to talk to a health professional and ask for more information about treatment options. Talk with your provider about treatment for specific symptoms like pain, anger, or sleep problems.

Each VA medical center has an SUD-PTSD Specialist trained in treating both conditions to reach the best health outcomes.

If you continue to be troubled or distracted by your experiences for more than three months or have questions about your drinking or drug use, learn more about treatment options. Life can be better! Talk to a VA or other health professional to discuss choices for getting started. [www.maketheconnection.net](http://www.maketheconnection.net)

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## MARCH PROBLEM GAMBLING AWARENESS MONTH

As I celebrate this with my supportive friends of "The National Council on Problem Gambling," I want to share another growing gambling area that has many becoming problem gamblers, the State Lottery. It was one of my secure sources to go gamble, and gamble more often than I should have. I believe it was what started me down the road to problem gambling, and into my gambling addiction.

When most people gamble, they gamble responsibly and set a money and time limit. NCPG is raising awareness, informing and educating the public, this is what PGAM is all about. PGAM is a grassroots campaign that depends on the participation of NCPG state Affiliates, organizational and individual members and advocates, state health agencies, gambling companies, recovery groups, and a wide range of health-care organizations and providers. It is the 14th year and this year's theme is "Have The Conversation."

So, I would like to use my column to do just that, start a conversation of why there are misconceptions about problem gambling, and addicted gambling as they run rampant. According to a recent article in RehabInternational.com, they found a research study that revealed in America, approximately 2.5 million adults suffer from compulsive gambling. About 3 million are considered problem gamblers, around 15 million adults are under the risk of becoming problem gamblers, and 148 million fell under the low-risk gambler category.

It also reveals that more than \$500 billion is spent annually on wagers. Just this year's Superbowl wagers skyrocketed, and expectations from The Gambling Association was around \$4.76 billion on Super Bowl 52, between the New England Patriots and Philadelphia Eagles. Just think how far we could move 'gambling addiction treatment services' forward for those with no insurance, or can't afford it?

We also had a tick up, happen last year in gaming, as it used to be only 1% of our adult population were problem gamblers. According to statistics, in any given year, now at least 2.9% of the adult population falls under either problem gamblers, or pathological gamblers category. The proof shows that as expansion of all gambling options and venues increases, more people are becoming problem gamblers or fall into full-blown addiction. And I am sure this number will continue to grow. On a personal note, the increase does not surprise me. There have been more State Lottery offerings in each State, and the rise in Tribal Land Casinos are also popping up in all US States.

Gambling addiction has been the "Underground or Silent Addiction" for too long. While the increase of deaths continues from this cunning disease, gambling is the #1 addiction killing people by suicide, and you never hear or read about it. Why is that? Well, for one, it's a profits game. And it could damage the reputation of the business the person was gambling in, and cost them money. Who do you think makes the money? The gambling venues! Not your average person, who may visit the casino's once a month, or a monthly Bingo pallor.

They are making their profits off the problem and addicted gamblers who can't stay away. The Seniors who come by bus trips with their social security money, the college kids who think they can win all the time at poker. So my point with sharing all this information with you is, we need to raise more awareness. Parents need to have a conversation with their kids about gambling. We need the public to understand many who cannot gamble like your average person, and are trying to maintain recovery; it becomes harder for us when gambling options are everywhere.

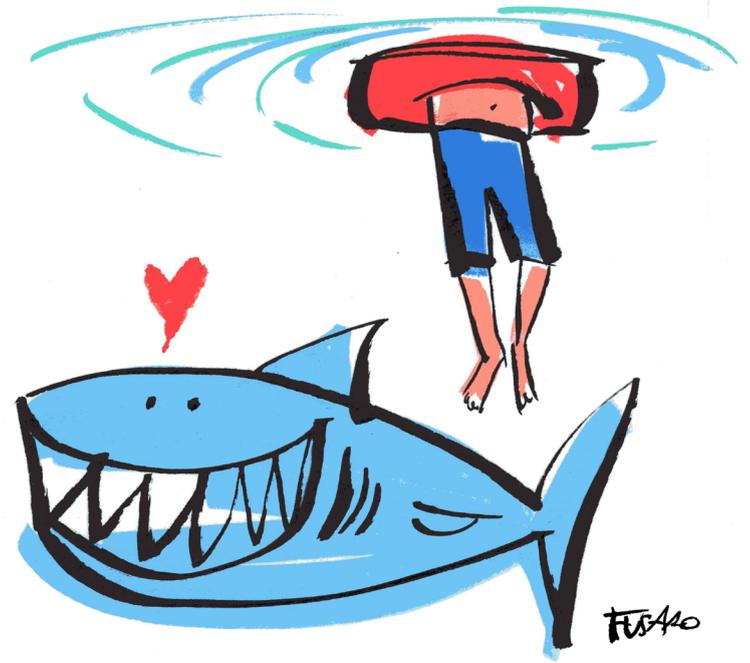
And with the current expansion means the devastating effects of even just problem gambling, is going to touch many more lives. So please, gamble responsibly, set a money and time limit if you feel you need to gamble for some fun and entertainment. Honestly, that is what gambling is supposed to be all about.

For those in recovery, just don't gamble so you can continue to "Quit to Win!"

*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, AZ. You can contact her at LyonMedia@aol.com*



Remember to **H.A.L.T.**  
Don't let yourself get too  
**Hungry. Angry. Lonely. or Tired.**



*"Sharks are extremely kind and friendly except when hungry. Me too." - Fusaro*

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# MARCH Events

**SUNDAY, MARCH 11TH, 2018: Workshop** Putting The Commitment Into Commitments. 2:00pm to 4:30pm at Windsor Club located at 123 W. Windsor Rd. in Glendale Speakers and roundtables discussing the various commitments in AA. The workshop is FREE and all are welcome to attend. Coffee and refreshments provided. Presented by Area 93 District 11.

**FRIDAY MARCH 16TH TO 18TH, 2018:** 2018 Sitka, Alaska Round up. For more information email: [sitkaaroundup.com](mailto:sitkaaroundup.com). For transportation and Hotel information visit [www.Sitka.com](http://www.Sitka.com).

**SATURDAY, MARCH 24TH, 2018:** 7pm to 10pm, Oasis Women's Recovery presents COMEDY Night at the San Fernando Valley Arts & Cultural Center, 18312 Oxnard St., Tarzana, California 91356. Non-stop laughter, exciting raffles and more, Tickets \$15 donation at the door. For more info call (818) 362-0986.

**SUNDAY, MARCH 25TH, 2018:** 1pm, 11455 Magnolia Blvd., North Hollywood, Angel Hanz (non-profit) for the Homeless will provide a snack, clothing, blankets and resources for the homeless. Animal food and services available as well. Call (818) 358-3663 for more information on services available.

**SATURDAY, MARCH 31ST, 2018:** Almost Free Comedy Show \$5 at Studio 12 6066 Laurel Canyon Blvd., North Hollywood, California, 90601. 8pm - 9:30 pm. All proceeds go to Studio 12. For more information call: Will W. (818) 915-0534. David Z. - (818) 566-1442.

## UPCOMING

**SATURDAY APRIL 7TH:** Foothills H&I Bingo Night. doors open at 6:30pm. Bingo starts at 7:00pm. Tickets \$20. All CASH prizes, 50/50 raffle, cash bingo balls. All proceeds go to literature fund. Food, Fun, Fellowship raising money to provide literature for panels. More info at [www.foothillshandi.org](http://www.foothillshandi.org)

**APRIL 27TH TO 29TH, 2018:** Camp Seely "EASY DOES IT WEEKEND". Crestline, California. [www.easydoesitweekend.org](http://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.)

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

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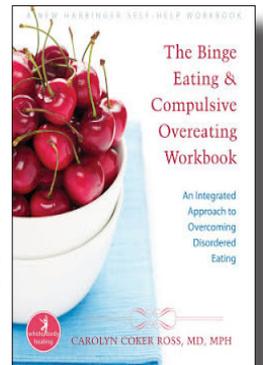
# Book & Video Reviews



**THE BINGE EATING & COMPULSIVE OVEREATING WORKBOOK, An Integrated Approach to Overcoming Disordered Eating.** Author Carolyn Coker Ross, MD, MPH. Published by New Harbinger Publications, Inc.

This workbook confronts a real problem that many have and yet don't know how to solve it. It is so easy for others to talk about our eating problems; if we're to thin, to heavy, or eat things "they" feel we shouldn't eat. These people think they are being helpful but unless they have an eating problem, I am sorry, "but they just don't understand". The truth is many of us don't just have bad eating habits, we have an eating disorder and if we do not identify this or are not ready to do the WORK to get better than we will just continue to be very unhappy and unhealthy.

This is a WORKBOOK; Carolyn Ross put her heart into writing this. She sheds light on the truth about recovering from binge-eating disorder and compulsive overeating. Explaining things in a way easy to understand, designed with tests to take, to identify IF we have an eating disorder, or if we need to change our eating style. Be honest; Are you ready to do the work? She gives us real tools to help ourselves. If you are ready to be honest with your feelings, be honest when taking the test, remember we really can't lie to ourselves, that just makes it harder to take that first step in doing the work that is needed to bring change into your life. So READ and USE this workbook it will help you break free of all the things holding you prisoner. It is a great relief when we know we are not alone, join a group. This book is not just a self-help workbook it is a guide with practical advice to help us strengthen and love ourselves. This book is Available at [www.Amazon.com](http://www.Amazon.com).

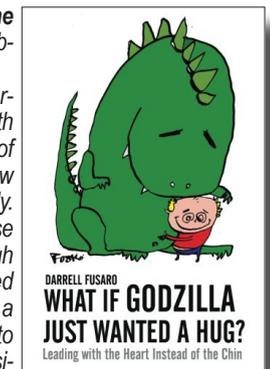


**WHAT IF GODZILLA JUST WANTED A HUG? Leading with the Heart Instead of the Chin.** Written and Illustrated by Darrell Fusaro. Published by Middle School Press.

Darrell, at a young age growing up in New Jersey, developed an interesting perspective in how he viewed life in general. He was equipped with a good sense of humor, and looked at how life unfolded with a sense of optimism. This combination gave him a certain insight down the road of how the human psyche works, which is a gift that would help us all tremendously.

Living by the simple truth "Bless a thing and it will bless you" or "Curse it and it will curse you" has helped guide Darrell's path, maneuvering through life's unending changes. Nothing remains the same, which means we need to adapt and redirect our viewpoints. Working his way up from running a small access tv studio, to co-hosting, Unity Online Radio allowed Darrell to see the horizon, which was ahead of him. With determination and a positive outlook on life, opportunities unfolded for Darrell, such as producing the Local Edition on CNN, a Hollywood stunt coordinator, and other positions suited for his unique way of stepping up and leading.

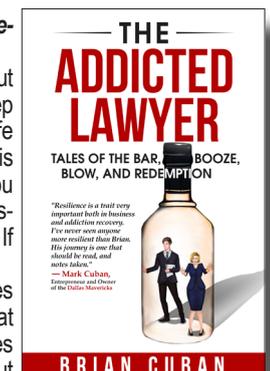
Leading with your heart instead of your chin, is very hard to do for so many of us, the vulnerability makes us feel susceptible to those around us. Allowing others to see our loving nature is not weakness exposed, rather it is our inner strength expressed through humility. Darrell Fusaro, is profound in his interpretation of embracing life, coupled with illustrations and humor that softens one's stance immediately. This is a must read for us all who search for peace and humility, the stillness deep within the storms of our lives. Available at [www.Amazon.com](http://www.Amazon.com).



**THE ADDICTED LAWYER: Tales of the Bar, Booze, Blow and Redemption.** Written by Brian Cuban. Published by Post Hill Press.

This books is AMAZING. Brian Cuban is fearless in his writing about his past, so that he can reach others who are suffering. Brian takes us step by step though his life and his addictions. His humble stance creates a safe place to identify. Of course if you are a law student or a lawyer, read this book, if not for yourself for someone you may know or come to know. If you know a lawyer read this book. If you are connected in anyway to law professionals read this book. Brian speaks to the layman and the professional. If you are in recovery read this book. My point? READ THIS BOOK.

Some of his stories will have you laughing. Being in recovery teaches us to laugh at what made us cry, Brian has mastered this principle. What came through most for me was his passion for helping others. He writes about his experience and about hitting bottom (a few times), he writes about his struggles in early sobriety, and then he brings us home with his strength and his hope. Brian Cuban has written a book that will change, and save lives. His journey that ends in his redemption, is a testament to the human spirit. As I said in the beginning - This books is AMAZING. Available at [www.Amazon.com](http://www.Amazon.com).



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



## 10 THINGS YOU CAN DO TO PREVENT HEROIN FROM DESTROYING YOUR FAMILY

1. Learn CPR. Heroin and Opiate Addicts die simply because their breathing stops. Breathe into them and you will keep them alive. Make sure everyone who interacts with the addict knows CPR.

2. Keep Narcan with you at all times. Although it may take more than one dose, Narcan can and will help you save an addict from death due to overdose. Make sure you, the addict, and all family members know where to find the Narcan and how to use it.

3. Create strong boundaries. If an addict loses access to money, or the substitutes for money (such as free housing, shelter, transportation, etc.), they lose access to heroin. As they struggle to keep heroin in their body, they are more likely to hit a bottom and hopefully a "softer bottom" than death. Stop doing things that help your addict stay addicted, and they will end up in treatment sooner.

4. Know the "tells". There are very specific characteristics that heroin addicts exhibit when using and when withdrawing. You should know them all. Most addicts have a "special few" tells that are specific to them, like their own personality. You should know these as well. "Tells" will help you know where your addict is in the "Relapse-Recovery Lifecycle." These tells are summarized in my book - *Heroin - Living and Dying with an Addict You Love, How to Survive When Every One Dies*.

5. Come to believe this first bitter truth. Addicts always lie, they never tell the truth. They will leverage your love and forgiveness against you and your better judgement, hoping you will believe them one more time so that they can use one more time. Using one more time, JUST ONE MORE TIME, is always, always, always, the last thing in an addict's mind before the use for the LAST TIME - the Last Time as in the time they overdose and die. When you believe them you do so at their peril...and unfortunately, eventually your own as well.

6. Come to believe this second bitter truth. When you get that "gut feeling" that your addict has relapsed, BELIEVE IT! No additional evidence is necessary. When you get this feeling, their life is in danger, and your denial furthers their jeopardy. The only time to act with a chance of success against heroin addiction is now, otherwise, your actions will be done in a funeral home.

7. Have a plan of Recovery or a plan for Death. Is this too morbid for you? I am sorry, but look around. Death is everywhere. If you don't know what to do in the event of a heroin addict hitting a bottom, then you might as well start shopping for a coffin. Shop for a Detox and Rehab, or shop for a Coffin. Your choice. Oh, when to start? Right this very instant. Lives are on the line, yours and your addicts.

8. Get an education. You better start learning and fast! Every needle in your addicts veins is one more shovel full of dirt dug from his or her grave. Get educated. You can start with my book.

A visit to the ER due to a heroin overdose is not a normal visit. But the most important part of the visit is the exit, you will never have a better chance to get your addict to rehab, than when in the ER after saving his or her life. If you don't know where you are going to take them, you will go home, and when you do your shot at recovery is usually toast!

9. Get your butt to Al Anon or Nar Anon. There are people who will bend over backwards to help you. Why? Why would complete strangers go to almost any length to help you? Because their recovery from the suffering imposed upon them by an addict depends on them helping others, other like you!

10. If in doubt whip it out! If you have even an inkling that your loved one is involved in heroin or opiates you better put pride, shame, ego, all of it aside, and sit down and ask them. Put them on the spot! Offend them! Hurt their feelings! Because maybe you have seen the news lately - you may not get a chance to ever embarrass them again - because they will be dead. Stand up, Buck up, and get real. A few months of ego bruises is nothing compared to a lifetime of regret, a life time of "I wish I woulda, I wish I coulda..." This path will get you on an addiction cycle too - Xanax, Klonopin, and other benzos that you might need to help you cope with the depression that comes with not doing all that you could, when you had the chance!

*Robert L. Hobbs Jr. was born in Youngstown, OH, to Robert Sr. and Alice L. McLaughlin. He was raised along with 6 brothers in Ohio's finest village, McDonald. The Hobbs boys were raised with a strong work ethic and a never-quit attitude. POSE Method Running Technique Specialist at The Sandalwood Wellness Center / Coach at ninety strides running company, Author and Certified Professional Coach, Strategic Interventionist, Lives in Atlanta, Georgia. Where he resides with his wife, Wendy, whom he met growing up in Ohio. He wrote a best selling book "Heroin - Living and Dying with an Addict You Love, How to Survive When Every One Dies". He can be reached at bob.hobbs@sandalwoodwellness.com.*



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## 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](http://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](mailto: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](http://www.KeysToRecoveryNewspaper.com)

## DISTRIBUTION INFORMATION:

Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 26 other U.S. States. Having a current print run of 20,000+ newspapers and a readership exceeding 100,000 per month, we are already a solid and formidable presence. Although we have digital access to our publication, our primary focus is distributing hard copies. Our newspaper targets readers who are seeking recovery from all types of addictions, disorders and alcoholism and the loved ones who are affected as well as anyone wanting to know more about addiction and recovery. Here are some of the types of facilities we are distributing our recovery newspaper to:

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

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

# Vital Services Resource Guide

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

## RESOURCE GUIDE

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

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

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

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

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

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

**A.A. Santa Clarita Central Office: 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/Codpendents: 12 step & recovery based meetings, Every Thurs & Sun 6pm 8742 Mulberry Dr., Sunland, CA. 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 Depart. 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: sfvalleyhow@aol.com or Bryce at (818) 621-2130.**

**CEA-HOW: NEVEDA Compulsive Eaters Anonymous: 12-Step Recover. Las Vegas 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.**

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

**Family Support Group: FREE of charge. Do you have a loved one suffering with mental health and or substance abuse? Parents and spouses are invited to join our support group, Wed. 6:30pm-7:30pm. At Awakenings, 28720 Roadside Dr., Agoura Hills, #200 CA 91301. For info call (805) 574-0936.**

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

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

**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

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Both osteoporosis and PTSD got better for me, without restricting food. Try your diet? No, thank you.

**“You don’t look like you have an eating disorder.”** Ugh. Doctors say this to people with eating disorders so often that it is even the title of a section in my first book, *Life Without Ed*. Over the years, countless people have written to me in response to that section, saying, “me, too.” A tragic and key point is that many of my friends have died from eating disorders.

At the time of their death, many looked normal in terms of weight.

**Spread awareness; save a life:** This blog is not a mindless rant. This is not meant to put down doctors. There is a reason why I wrote this piece. This is meant to help the millions of people out there who will struggle with an eating disorder during their lifetime. People die from eating disorders. And if someone with an eating disorder has the courage to walk into a doctor’s office for help, they desperately need quality care. For these patients, every moment, every word and every interaction counts.

If you are reading this, I ask you to please send this to any healthcare professionals that you know. Print the article and share with your doctor at your next appointment. Post this article on your social media accounts, and, if you are feeling strong enough, I encourage you to share your personal experiences on social media — along with mine.

To be clear: doctors — the ones who really knew how to treat eating disorders —helped me save my life. For that, I am deeply grateful. There really are some great, informed doctors out there. And the words that I found to be most helpful from these amazing doctors were these:

People can and do fully recover from eating disorders.

Healing happens. Never stop seeking help. Never stop fighting. Choose life. Choose recovery.

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



I was pleasantly surprised that when I demonstrated interest, the majority of the people were willing to be helpful. Learning how to do things differently was going to be a priority in my recovery, as I did not want the same negative outcomes. Also, I asked my mentor what he did to create a meaningful, fulfilling, and rewarding life in recovery.

**Failure – Then a Second Chance:** He laughed and said that success usually comes after a failure. However, successful people do not repeat the same mistakes, and that means that they change their approach, attitude, behaviors or communication style. He also believed that successful people did the following when they don’t like their outcomes. They tend to:

1. Process and test what has transpired.
2. Look at why something wasn’t successful.
3. Check for their self-defeating patterns.
4. Do something differently at the next opportunity.

When we are looking for self-defeating aspects of ourselves, what we discover is embarrassing, and for the most part, we do not like what we see in our early recovery, and may think that by not looking at it, we can avoid it. Using the charts as an example and inserting your attitudes, behaviors, and communication style, will help you check your past outcomes and change. This can help you resolve your embarrassment because you are going to do something differently.

**Second Chances Aren’t Forever:** If you find that you are still reluctant to look at yourself and change, answer these questions, they may help you turn that embarrassment into encouragement for change: **What can you expect if you stay the same? What would prompt you to look at yourself, the opportunity to change or the threat of staying the same? What can you learn about yourself when you look at your life? What would be a benefit to you in this type of examination? Might an examination of yourself help you change? Can you expect to feel proud of yourself if you bring about these changes within yourself?**

I knew that changing the attitudes would start the process of changing behaviors and communication styles. What attitude changes can you make today to influence your outcomes?

**Sequels and Second Chances Can be Better:** In the movies, sequels are not always the best of the books or movies; however with changes in your attitude, behaviors, communication style and motives, I believe that you have an opportunity to turn the predictable around – your sequels in recovery may far exceed the original, and give you better outcomes.

Writing, and recovery heal the heart.

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

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Savage wants to control everyone and everything, and Sage allows us to remember that everyone is exactly where they are meant to be at exactly this time, and that everything is operating with divine timing and order. Sage also reminds us that that’s way too much to manage for anyone of us, and we don’t have the capacity, understanding, knowledge, and/or skill to do so.

Savage is reactive, and Sage allows us to respond.

Savage is distracted, and Sage allows for presence and connection.

Savage becomes attached to worldly things, and Sage allows us to remember that it is the illusion

In any moment we have the choice to feed the Savage or the Sage. Each one of us carries both inside of us. Neither one is good nor bad, however, they produce very different results. Feeding the Savage keeps us in that state of surviving. Feeding the Sage launches us into a lifetime of thriving.

Love only, Rudy and Kelly Castro

*Rudy is a therapist, and Kelly is a Certified Relationship Coach. They facilitate groups at exceptional treatment centers such as, Inneractions IOP, The Villa Treatment Center, and PAX House. Together they have created partnership, family, and a business designed for service. Whether you are an individual looking to create partnership in your life, or a couple looking to develop deeper levels of intimacy, they are here to help guide you. Conscious Partnership, [www.consciouspartnershipcoaching.com](http://www.consciouspartnershipcoaching.com).*

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