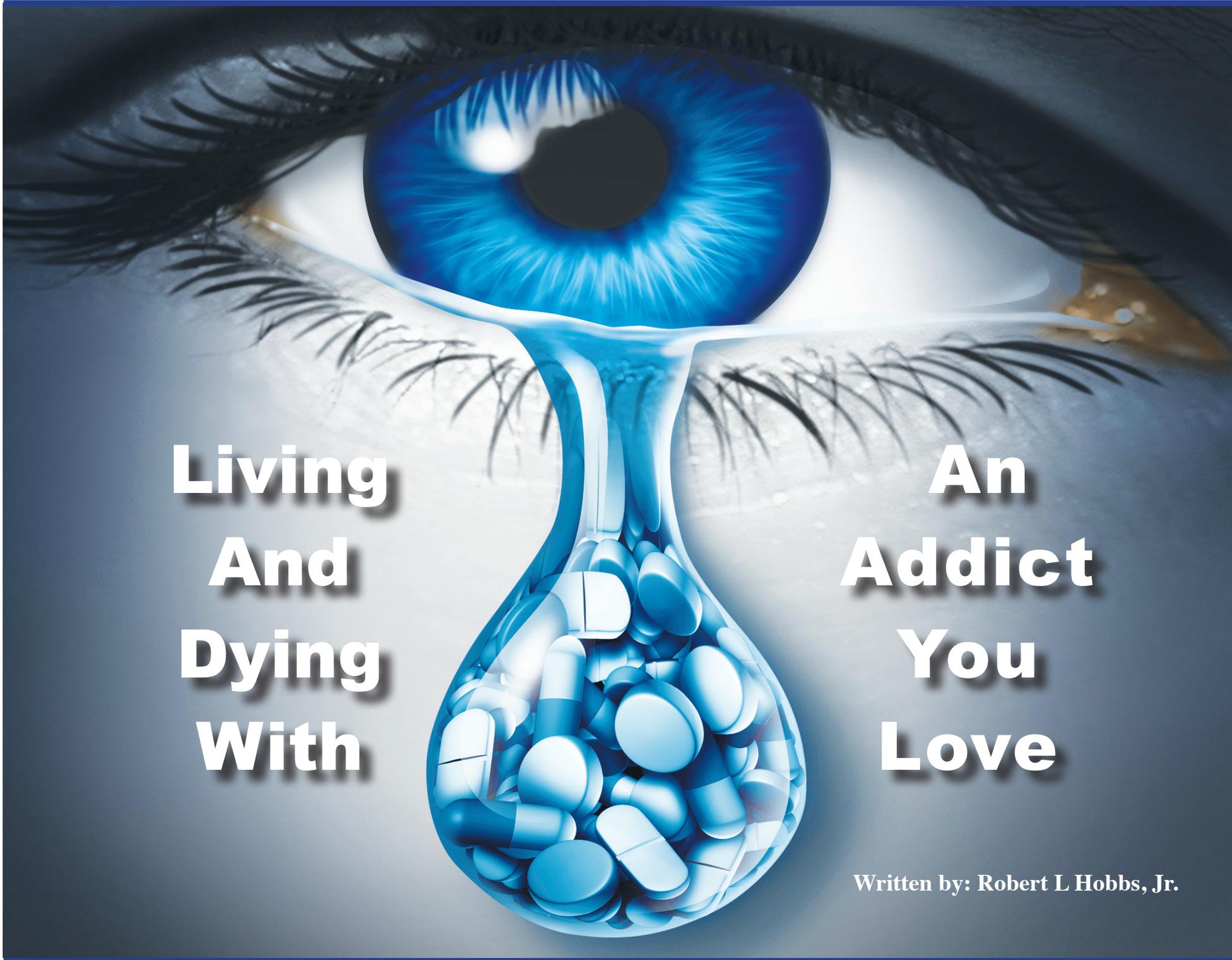


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**An
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You
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Written by: Robert L Hobbs, Jr.

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



I invite you to read this issue of "Keys to Recovery Newspaper", cover to cover. You do not want to miss one single article this month. Even though every issue has new articles, new information, and more hope monthly, this issue is probably our best one to date.

A few weeks ago a friend of mine lost his 23 year old daughter to this disease. To suffer such a loss as this is devastating. It seems that every generation of addicts and alcoholics, seem to bring with them a new "drug", or type of alcohol that is even deadlier than the last.

It would be easy to get discouraged, walk away and give up, to feel overwhelmed by the daunting numbers of deaths by overdose. That is unless you choose to stand-up and fight. Fight for our daughters and sons, our mothers and fathers, our sister and brothers, our friends, our co-workers, and all the unseen faces that need our help. In our April 2015 issue, we referred to this as an "American Epidemic" some thought we were being dramatic, with more than 64,000 overdose deaths of Americans in 2016 alone, dramatic seems to be an understatement.

As for me, I ask God to take the anger, the sadness and the frustration, and turn it into fuel for the energy needed, to continue this fight month after month, year after year. This is why we publish "Keys to Recovery Newspaper", to get the word out there about recovery. To share the hope that it is never too late to get sober, to get your life back, or to create a life you never imagined.

But there is nothing more beautiful than to celebrate the miracles of sobriety. These miracles give us the motivation to continue our work here at "Keys to Recovery Newspaper". Just last month, we had our first book signing event. At this event we celebrated two men who exemplify the very meaning of HOPE and REDEMPTION. This was the most inspiring event we have ever attended. Thank you Tia Chucha for hosting this event, to Miracles in Action and Iris Healing Place for your sponsorship. Thank you Luis J. Rodriguez and Freddy Negrete, for signing book after book, for taking photo after photo, and for inspiring everyone who attended with your words, spoken and written. Thank you Scott Rouse for supporting me in everything I do. Thank you to Mayor Eric Garcetti and Assemblymember Adrin Nazarian, for the awards given to Luis and Freddy. Thank you to everyone who attended, your support will not be forgotten.

As always without our trusted readers (currently over 100,000) we would have no reason to publish. Our paid advertisers allow us to distribute our newspapers FOR FREE to as many people as possible. God gives us the vision, and the strength to fight this battle for the addict, and the alcoholic still suffering. - Jeannie Marshall, President & Cofounder

Hello to one and all, the month of March was a milestone for us in many ways. Not to sound bias, but after reviewing the few recovery magazines and newspapers available, I believe our articles rate second to none in content. Written by the top experts in the recovery field, the "Keys to Recovery Newspaper", articles have been informative, and inspiring month after month.

The blessings that we, here at Keys have experienced are so uplifting, from the contacts to the recipients of our outreach, God has been in total control. I am truly inspired and amazed daily, at how united the recovery community is, in supporting one another, and the dedication that is given to those who are still addicted.

I have been enlightened and educated from the information which the articles impart, with the knowledge of drug and alcohol addiction, as well as disorders are better understood. Whenever I sit and ponder on how far we all have come, from the days of being controlled by our desires of drinking and drugging, I am honestly blown away.

I never imagined how at peace one could truly be with sobriety under your belt, the serenity that is acquired is mind boggling. If anyone would have told me 7 years ago, that I would be totally clean and sober, very happily married, owner of a beautiful home, and the Vice President and Co-Founder of such an incredible recovery newspaper, I would have seriously called them crazy!

The pure joy that my wife Jeannie and I have, being able to be of service in many different capacities to those in need, is so very rewarding. We are so blessed to be like minded in our endeavors to reach out and help the helpless, feed the hungry, clothe the homeless and bring hope to the hopeless, God is our strength that renews us daily.

Our journey together is filled with so many ups, and very few downs working with those that are addicted to drugs and alcohol, and disorders of every sort. We know that our calling is a labor of love, the sheer excitement of seeing the lights come on in the addict or alcoholics eyes, when they start to believe that they can recovery, is its own reward.

I sincerely understand the saying, "that the best things in life are free" because most things have a price attached to them. Anything given or received freely is a joy to the heart and is looked upon warmly, without any judgement or condemnation. I will forever be thankful to my wife Jeannie, for directing me to the 12- step program, which changed and saved my life. "God is good all the time" "All the time God is good!" Until the next time we come to reason together, stay thankful for ALL that you have.

Marcus Marshall, Vice President & Cofounder



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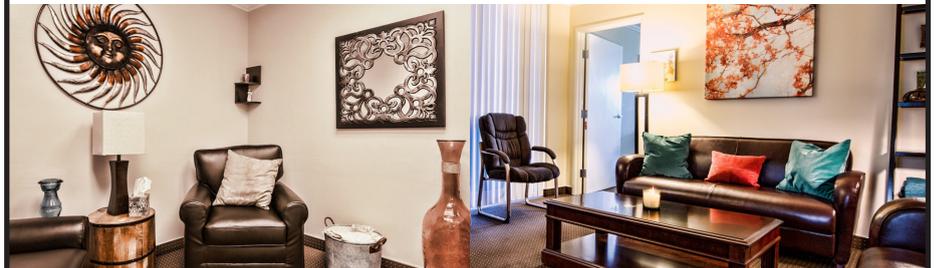
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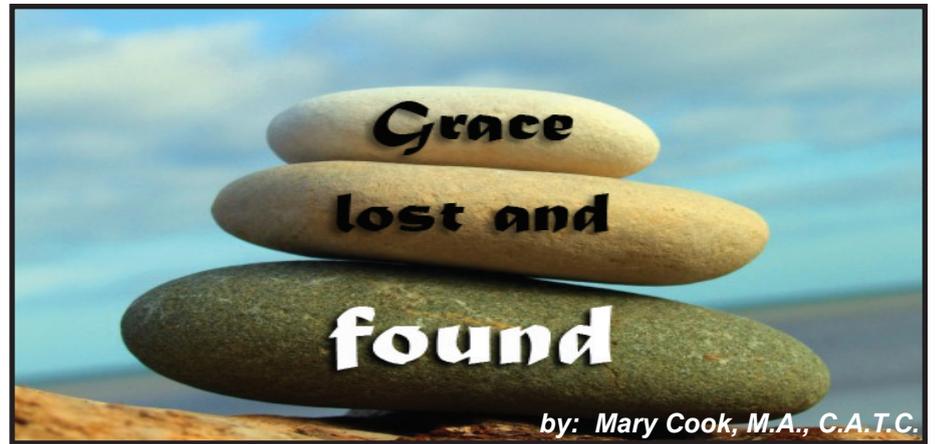
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by: Mary Cook, M.A., C.A.T.C.

RECOVERING RELATIONSHIPS

Aspects of our unhealed childhood appear in adult relationships. There are many versions of unhealthy dependency, enmeshment, and possessiveness. We may exhibit aggression, temper tantrums, and willfulness to express our needs. Or we may not be able to speak up for ourselves at all. We might isolate from intimacy through distractions, apathy, or addictions. We might take excessive responsibility for other adults, and feel like failures when we can't fix them. We may fear losing ourselves in another, or losing the other, and reject relationships altogether. We might be equally fearful of being alone and being close to another, and vacillate between the two, or maintain superficial relationships. Maybe we become helpless or destructive when something reminds us of our painful past, because it was beyond our means to manage as children.

Aspects of our unhealthy adolescence are demonstrated in adult relationships. We may engage in chronic conflicts, power struggles, or hostile dependency. We might be selfish, arrogant, reckless, and irresponsible. Maybe we manipulate, exploit, abuse, and abandon others. Maybe we defend against vulnerability and a sense of inferiority by bullying, blaming, and judging others. Perhaps we compete and compare ourselves to others, and end up feeling pressured and alone.

Aspects of an unhealthy adulthood further complicate relationships. We may lack depth in understanding of ourselves and others, leading to objectifying, and inauthentic relationships. We might lack a true conscious connection with our whole identity, life on this planet, and a Higher Power, causing us to project our deficiencies and bitterness onto others. We typically have difficulties with boundaries and realistic expectations, causing chronic confusion and frustration. Because the truth is often hidden behind defense mechanisms, we lack problem solving abilities, and personal well-being and growth. Integrity is obstructed when we don't know or live by values, and morals arising from our own personal and spiritual development.

Recovery helps us to discover what was missing in earlier unhealthy relationships, and promotes mature adult relationships. We realize that we are strengthened by sharing our struggles with one another. We actively engage in helping ourselves and others, because there are no fixes and no vicarious healings. Isolating, or limiting interaction to those with whom we are most comfortable, sabotages personal understanding and growth. It is walking through our fears with support, that guides us to face what we need to heal. Hiding our wounds behind defensive and offensive attitudes, and behaviors creates more destructiveness and divisiveness. Compassionately embracing our collective suffering creates more harmony and healing. As we cease causing harm and surrender defenses, we become more fully human and spiritual.

Recovery teaches us to be accountable and follow direction from those who are doing the same. We practice opening our hearts to others, and appreciating the gift of life and sobriety. We pay attention to what we are learning, and how we are blessed. We commit every day to nourish recovery in ourselves and others, and this brings increasing peace and joy. Recovery helps us to see ourselves as whole and to build a relationship with a healthy, loving Higher Power. We take responsibility for our health and happiness, and learn to live honestly and honorably. We practice altruism to promote greater wellness and goodness for all. We are connected to unlimited resources to help us with every aspect of life, and we humbly and joyfully acknowledge that there is no end to our personal and spiritual growth.

When stress or trauma is excessive, our mind gives us defenses to survive. When we fail to feel sufficient safety and love, we internalize this deficiency and pass it on to others. Building healthy relationships in recovery allows us to surrender our attachment to painful past relationships. It is through expanding our hearts to incorporate more love and allowing spirit to guide us, that we heal and mature. It is the depth and authenticity of relationships, not the possessiveness and control of relationships, that determines our happiness. It is through awe and wonder, not habits and plans, that life becomes precious. It is paying attention to the miracles of the moment that allows our relationships to teach us and bless us in our journey. It is gratefully gathering together in equanimity and unity that returns us to grace.

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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by: Darrell Fusaro

WHAT IS A GOD BOX?

The God box, although effective at solving any problem you may have, may seem silly or at best too simple to be for real. But for those of us who have tried it we are unanimous: it works!

A God box is any container with a slot or opening on top. You write your present problem, worry, desire, or hard-to-make decision on a small piece of paper. Then fold it up and put it in your God box. In essence, turning it over to a Higher Power.

Personally, I include the date and end all my requests with the statement, "This or something better." I believe it to be the intention of "If it be Thy will." This keeps my request in the affirmative and puts my mind in a state of expectancy.

If your request is for guidance I suggest you include, "Make it obvious!" Ask for a definite lead and you will receive one. When my wife Lori and I were deciding whether or not to move with our two cats from New York City to Southern California a friend from California, suggested we live in either Marina Del Rey or Santa Monica. Never having been to either and still in New York, I put a request for guidance in my God box, ending it with, "and make it obvious."

The next day while Lori was at work, in general conversation she mentioned us contemplating moving to Southern California. One of her co-workers enthusiastically exclaimed, "The best place my husband and I ever lived was this apartment complex in Marina Del Rey. You must live there!" She gave Lori the number. We called and funniest thing, they had a one bedroom coming available in thirty days, it matched our budget and they accepted pets. We made the move.

Writing down my request and putting it in my God box enables me to feel like I've done my part in turning it over. This physical activity gives me a concrete sense that I've actually turned it over to a Higher Power. It also gives me a positive reference for when I catch myself getting concerned again. I simply remind myself that I put that concern in my God box, and everything will transpire in divine order, with perfect timing, effortless and ease.



Living a life of joyous expectancy.

Feeling reassured, I become relaxed and confident. I am free to follow hunches and I find myself hyper-aware of coincidences conspiring in my favor. What was at first a dilemma is now an adventure in faith – looking forward to a better-than-expected outcome. The Daily Word Magazine's meditation, "Faith", from September 4, 2016, describes this condition perfectly with, "Having faith is having joyous expectation."

In this state of joyous expectation, by the law of attraction, solutions are revealed and our circumstances improve. Don't stress out about what you should use as your God box, any container will do. It doesn't have to be a fancy container. The God box that works best is the one you use.

Some examples of what my friends and I have used as God boxes are, a favorite cereal box, coffee can, oatmeal container, jewelry box, cigar box, a hamper, shoe box, and even a garbage can. One friend chose a can so she could delight in referring to it as, "My God can!" Whatever you choose to use as your God box it will work, since the activating power is in your releasing whatever it is to God.

Whenever I clean out the old requests from my God box, I get the added benefit of strengthening my faith by recalling in awe, how even forgotten requests were resolved in wonderful ways. And by the date of each request I can see how all solutions came with divine timing as well.

I hope this not only clarified what a God box is, but also inspired you to experiment with one for yourself. It doesn't matter the size of your request. Nothing is too big or too small to put in your God box. Whenever worried or indecisive use it to cast the burden on God, so that you may begin to anticipate the unexpected way in which your answer will come.

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran and author of, *What if Godzilla Just Wanted a Hug? Leading with the Heart Instead of the Chin*. To learn more about Darrell visit www.ThisWillMakeYouHappy.com

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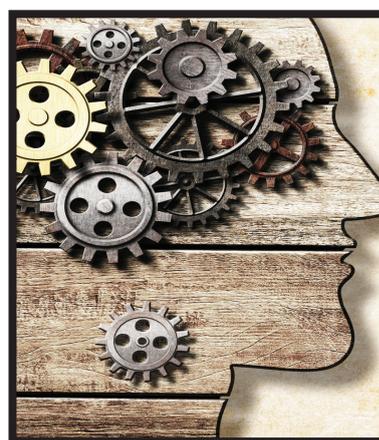
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There's a New Doctor in Town

by: Dr. Clinton Weyand

Dear Dr. Clint:
I remain confused regarding the various definitions of self, ego, and persona that appear in the literature of recovery, AA, and psychotherapy. Sincerely, William W.

BILL WILSON, CARL JUNG, AND THE FIRST THREE STEPS OF AA

Dear William;
This is a very real problem in the Recovery world where different authors use different terms to describe the same experience or similar phenomena.

In **Step One**, we are admitting our powerlessness and the unmanageability of our lies. We are also admitting that our inflated ego is overpowered by the real problems in our lives. This is extremely difficult because the ego has helped us achieve many real assets and advantages in the external world. Our beloved ego has helped us survive.

During the first half of our lives, we often credit our ego for our correct choices in career, marriage, etc. Or, we blame our entitled ego as a character trait gone awry where our choices were very unhealthy.

When we deeply and fully surrender to Step One, we also experience the first psychological breakthrough that allows our real self or spiritual self to begin to emerge. The true self, which was imprisoned by alcohol or our drug of choice is released. Carl Jung's axiom was "Spiritus contra spiritum" which translates to "one spirit" (alcohol) contradicting the authentic real spirit.

We are always hoping that the Controlling Ego is deflated enough to give way to the True Self. This process also necessitates the mini-death of the old way of living in the active addiction. When real emotional growth is happening, there are many moments of clarity and the "impurities" of the ego can drop to the ground. The chaotic "structure" of the addiction is replaced by the legitimate structure of an AA or NA program.

From a Jungian perspective, the admission of powerlessness in Step One and the belief in a Higher Power is a form of death of the false material ego and "rebirth" of the supremacy of the true spiritual self over the ego. During this process, the ego does not fully die; it realizes it is not God and submits to the greater wisdom of the self.

Step Two: Come to believe that a power greater than ourselves could restore us to sanity. Bill Wilson wrote that the second step is "The beginning of the end" of his old life, and the beginning of his emergence into a new one.

Some people believe that giving up their drug of choice means that part of them is dying. Many therapists ask their clients to write a goodbye letter to alcohol and their old way of life. Accepting that we have a Spiritual Self which is our center and a "higher authority" is a complicated process. Many clients will agree that there is a sacred dimension of life that cannot be appreciated by the ego, but are unwilling to explore the consequences of allowing a spiritual awareness to dominate their life. Practicing affirmations, journaling, and discussing ultimate values seems unrelated to "fixing" the problems of addiction.

Step Three: Made a decision to turn our will and our lives over to the care of God as we understand him.

Jung reflected that the ego was very necessary in helping us function in our external lives. It is as though, when born, that the person is a whole self and then the self allows an ego to develop on the understanding that it is an emissary in the service of the self. What happens is, by the age of forty when the ego has fulfilled many of its functions in relation to forging a career and parenting others, a sense of mortality enters everyone's consciousness. The question is asked, what is life about? It is here that the self comes forward with many individual and unique answers to that question. Sometimes, the ego feels powerful and does not want the humble self to be the main personality. Tragically, in some instances, the ego would rather die (symbolically and literally) than to let the person live a grounded and spirit-filled life.

Ernest Kurtz, in his excellent book on the history of AA, refers to the essence of the first three steps of AA being the profound realization by the alcoholic that he or she is not God—which is actually the title of his book: *Not God*. We are arguing that the addiction claims to be "God" in the psyche and, at other times that the alcoholic or addicted individual is making the same inflated claim for him or herself. Early in the process, the normal, healthy ego is tempted by inflation to identify with and to believe it is the overly idealized persona or false self.

Con't Page 22



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by: Tara DeAngelis

FREE FALLING

You are thousands of feet above ground, standing at the edge of an airplane door. You look down and see the stretch of Earth below you. It looks warm and inviting, and so, so green. The only way to get there is to jump, and trust that the professional jumping with you will open your parachute. Do you trust that person?

Imagine the professional is your best friend. She has your best interests at heart and would never intentionally hurt you. She begs you to jump, because she knows you will be happier when you are grounded. She counts to three. One. Two. Three. Do you jump?

This metaphor captures the hardest part of recovery: trusting your loved ones and treatment team. Our disorders convinced us we don't need anyone else. If we restrict our food, we are in complete control. If we binge and purge, we have a firm grasp on our lives and bodies. If we over-exercise, we know exactly how to fix our feelings, except, we don't. When we are sick, we are not in control. We cannot trust our eating disorder, Ed, because Ed is wired to destroy us. Our loved ones and treatment team are trustworthy.

Recovery feels like a free fall. The closer we get to Earth, the more out of control we feel; that is, until we discover that moment of clarity, right before we land on our feet. For this article, I want to hone in on that precious moment of clarity in the midst of a chaotic free fall, for it is this moment that defines our recovery.

This moment of clarity caught me out of nowhere and took my breath away. I had spent years in a free fall, I had made the commitment to jump, but refused to use my parachute. I did not trust my treatment team and family members to open it for me, and insisted that they let me save myself. I was getting dangerously close to the Earth, when suddenly, it hit me: I could not fight this war alone. I needed to trust in my team and my loved ones. I nodded my head, and suddenly, the parachute opened, just in time for my feet to gently hit the ground.

Trusting is crucial in each and every person's recovery, including my own. Without trust, we will continue to spiral out of control. It takes a village to raise a child, and it takes the entire world to help someone recover from an eating disorder. My personal eating disorder recovery blog (www.honestlyfree-ed.com) has reached 6 continents, and more than 30 countries over the past 9 months. Recovery has the potential to reach every corner of the earth, and we are all fighting the same good fight. Together, we are warriors. Trust unifies us.

Some may wonder if they'll ever reach this moment of clarity. I am a firm believer that everyone who battles eating disorders can, and will, recover if they throw all of their energy into recovery. In this act of full surrender, we make room in our hearts for trust. In order to have clarity, we must create space for trust.

If you are tired of free falling, ask yourself: "Do I honestly trust my treatment team and loved ones?" If the answer is "yes", then you have everything you need to allow your parachute to open. If your answer is "no", have an honest discussion with your therapist about the obstacles you face in the pathway to complete trust. Regardless of how you answered the question, I urge you to be patient with yourself. We all developed eating disorders for a reason, and there is no simple fix to our deeply rooted emotional problems.

My message to you is that wanting to trust is the first step. Every step counts in the long, winding road of recovery. When you are ready to let your treatment team and loved ones open your parachute for you, you may be surprised by the overwhelming sense of relief that often comes with full surrender. You do not, and should not, have to fight this war alone.

When you land safely on the ground after your long and tiring free fall, your team and loved ones will be right there to hug you tightly, and congratulate you for your unflinching courage. As you stumble to find your footing again, you will realize that you have everything you need between yourself and your community, and that you are more than a survivor, you are invincible. Smiling, you breathe in deeply and gently sigh, releasing the last of your anxiety. In this moment, surrounded by your support system, you have found peace.

Tara DeAngelis is an eating disorder recovery blogger and educator. She is currently applying to law schools with the hopes of pursuing a career focused on gaining more legal support for individuals seeking eating disorder treatment. In her free time, Tara enjoys Irish dancing, sipping a good cup of coffee with friends, spending time with family, relaxing on the beach, and walking her dog. Tara can be reached the following ways email: tnmdeangelis@gmail.com, www.honestlyfree-ed.com or email: honestlyfreeed@gmail.com.

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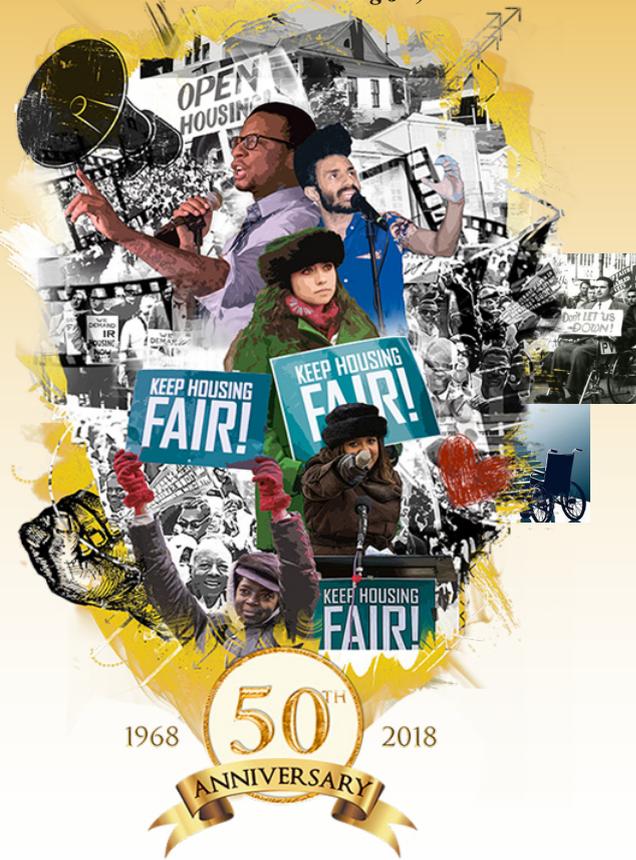
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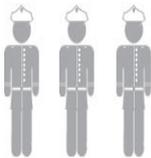
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Jan 2013 - March 2017

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Individuals
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Total people: 7,316

Permanent homes built

Completed



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In construction



2 Communities
105 Units

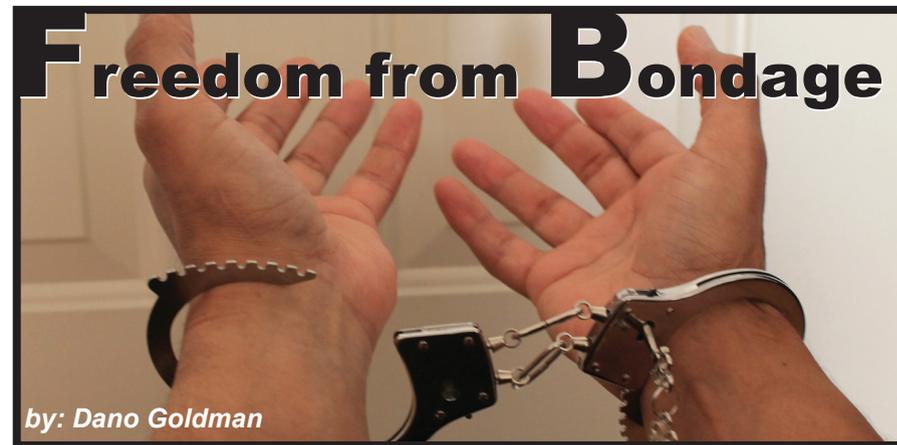
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Total units: 1,119

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by: Dano Goldman

SELF IMPOSED CRISIS

‘Relieve me of the bondage of self, that I may better do Thy will.’ From the 3rd Step Prayer

For years I assumed the bondage of self referred to in the Twelve-Step Prayers, was simply my heroin addiction and its legal consequences. But could the meaning of this bondage be something deeper? Something that affects us all, but not in ways we’d assume?

It is. And understanding it is important to our mission of moving beyond the mistaken ideas that lead to addiction.

In my case bondage of self constituted my shallow ideas about how I should manage my life, to achieve happiness and satisfaction. I was out to win the love of a gorgeous woman, succeed in sports, make money, and be seen as successful by the world at large. I was certain that if I could achieve these goals I’d be happy.

Such ideas of happiness may seem fairly rational on the surface, and may even be well intentioned, but in practice they led me to confusion and disappointment. I was in bondage to a primitive, false philosophy without ever subjecting it to serious examination. Whatever happiness I did find was temporary and never fulfilling. Something was missing from my life, something that seemed just beyond my reach. I was incapable of viewing problems and impediments as opportunities to find another way. And without analyzing what I was doing to myself, I fell into a self-imposed drug addiction.

Most of us know people who can drink alcohol, and perhaps even experiment with drugs without becoming dependent on them. What makes the addicted population so different? Why, after just a couple of beers am I prompted to follow them with a dozen more? What sort of thinking dominates the person that has just been released from an institution to pick up a hypodermic needle? Something deeper lies beneath the surface of addiction.

Sometimes The Universe has to close one door so another may open. At times an old relationship may need to fail before a better one can begin. We may need to be humbled by life in order to fully appreciate it. I may need to let go of ideas and trust that the current of life will take me where I need to go if I let it, and if I try to redirect the Nile River of where The Universal Flow is attempting to take me, I might miss it. I may get pinned up against a rock being smacked in the face by everything that passes by me in life, swearing that I would be happy if only I had my way.

And guess what? Ask people when they grew the most in life, and you find it was usually in the face of adversity, when they encountered an overwhelming situation, or event that either crushed their hopes or threatened to do so, the death of a loved one, for example. And maybe, just maybe, they didn’t know how they would ever be ok, but found a new strength or purpose as they climbed their mountain of despair. Perhaps they even found the relief they craved by helping others overcome their own bondage of self. As Jagger and Richards told us, we can’t always get what we want. And sometimes that’s for the best.

The suffering and humiliation that resulted from my heroin addiction, and subsequent prison time ultimately brought me a new perspective and meaning. As my dreams failed me I learned to emerge through the chaos.

It’s through adversity that the hero arises throughout history. Mother Teresa, Gandhi, and Martin Luther King Jr., and yes, Luke Skywalker, all went on the hero’s journey. Adversity was a necessary ingredient for their greatness.

Myself, I don’t pretend to be any sort of hero, but I firmly believe we can all become the Mother Teresa of our own lives, and I personally know plenty of folks who prove it. They understand life isn’t always fair, but instead of picking at that knowledge as though it were a scab, they push through the uncertainty and pain, and invite the opportunity to grow.

Rather than succumb to the bondage of self, we can even celebrate the likelihood that our inner growth will be in proportion to the size of our obstacle. Addiction is perilous and sooner if not later, saddles us with what seems like an insurmountable burden. But things not going the way we planned might not be as hideous as it seems. At last, in the uncertainty is where we gain new strength, appreciation and perspective. It can be in that dark space of bondage where we truly find ourselves.

Dano Goldman, CADC-II, ICADC, is a founder of Nexus Recovery Services in West Los Angeles and Alchemy House Sober Living in the Hollywood Hills, www.alchemyhousesoberliving.com



ZEN AND THE ART OF GETTING CLEAN: WORKING ON A CHAIN GANG (Part 1)

Amy Dresner's decades-long struggle with clinical depression, alcoholism, coke, crystal meth, and sex-addiction led to multiple psych wards, E.R. and rehab visits as well as her being sentenced to community labor, where she toiled in the hot sun on the streets of Los Angeles. Her's is a powerful story of resilience, survival and transformation which she has chronicled in her intense, compelling, and hilarious memoir, "My Fair Junkie." This is part one of my interview with Amy:

Your book starts out with you high on Oxycontin. Was yours the currently, all-too-common, trajectory: a progression from pain management to opioid addiction?

Yes. It was prescribed for frozen shoulder, an extraordinarily painful condition. I had one and a half years sobriety at that point—one of my sobrieties—and it was prescribed by a doctor in rehab. Just because you are an addict it doesn't mean you deserve to be in pain, but when that opioid veil came down I dove into that, and I started to abuse it.

Throughout your memoir, you subvert the reader's expectations by spinning passages with hilarious, dark-comedy twists. Did you consciously introduce these twists whenever you felt your story was getting too "heavy?"

No, it wasn't conscious. I was raised by a comedy writer so being funny was always the key, and when the addiction became really bad, I knew that if I didn't find the humor I wasn't going to make it out alive.

On the surface your childhood appears to be idyllic, born into a Richard Neutra house in Bel Air, but this privileged world belied an underlying darkness. When and how did your struggles with clinical depression kick-in?

Addiction doesn't discriminate. I've been in some very chichi rehabs, but it's the millionaire's kids that die, because there's no bottom. There's an enormous amount of mental illness and alcoholism in my family. I recently saw my 5th grade class photo and almost everyone in the picture was smiling, except for me. I look stiff and uncomfortable in my own skin. I recall feeling outside of myself, a voyeur of my own life. Then, at fifteen, I had bouts of clinical depression where I wouldn't get out of bed—crying and thinking I shouldn't be on the planet; that I didn't deserve to be alive.

Was your emergent substance abuse a way of anesthetizing the feelings that came with clinical depression?

I've always been prone to depression, but when I took crystal meth I thought, "This is what Prozac should feel like!" A vortex opened and I thought, "I need this to be on the planet, no-one is taking this away from me." But at some point the depression broke through. Now I had a drug problem AND clinical depression. I used to lay in the bath tub, filling it up with warm water, for hours and hours, all night, and smoke meth off tin foil, listening to Nirvana on loop—crying.

Could you talk about your suicide ideation and how you deal with those impulses today?

I don't think I ever *really* wanted to die, I just wanted the pain to stop. It's still my go-to, my trap door. Now I just say, "Thank you for that suggestion," and don't act on it any more.

I love your succinct, visual, descriptions of people and situations throughout the memoir. How much of your writing was informed by your father's cinematic eye?

I don't think it came out of my father's screenwriting. I didn't grow up reading his scripts. I'm a visual person. I like to paint a picture and readers can have their own reaction to it. I remember very specific things, things that really strike me. Maybe it's the voyeur, always being a little bit outside. I try and see things as a story, or a movie, so I can find the humor and get through it. My father always quoted Philip Roth, "Nothing bad can happen to a writer, it's all material."

You tell a therapist, "...if I don't laugh, I'll cry. And I'll probably never stop." Was humor always a strategy to mask the turbulence of emotional pain?

Yes, but I wasn't always successful at it. If you knew me in rehab I was the person that cried in every group, for seven months.

There have been plenty of dark times where I was just depressed and sad. Comics are the most in-pain people ever. A big talent agent said, "Take your pain and make it funny." Being funny is a wonderful ability, but it's also a way of avoiding vulnerability—to distract, deflect and to serve as armor.

"My Fair Junkie" is filled with astute, on-the-money, insights into the nature of drug addiction and yet, in the throes of your substance abuse, you were shooting up wearing a red bike helmet to protect yourself against imminent, life-threatening, cocaine-induced seizures. Was there a part of you, at the time, that said, "This is completely insane. Stop. Now?"

Yes, of course, but we want what we want and we want to avoid the consequences, and that's a perfect example of that. I've joked, "Shooting cocaine is a high-impact sport, so I need to wear protective head gear." I was having a lot of seizures in general, stress-induced, even when I was not shooting cocaine and my mother would say, "Honey, you sound like you are getting very stressed out, would you please put your helmet on." I was five years clean when I started to have severe, grand mal seizures, and they wouldn't stop. You play, you pay. In my case it was crystal meth induced epilepsy. No-one gets out without paying, there is always some price.

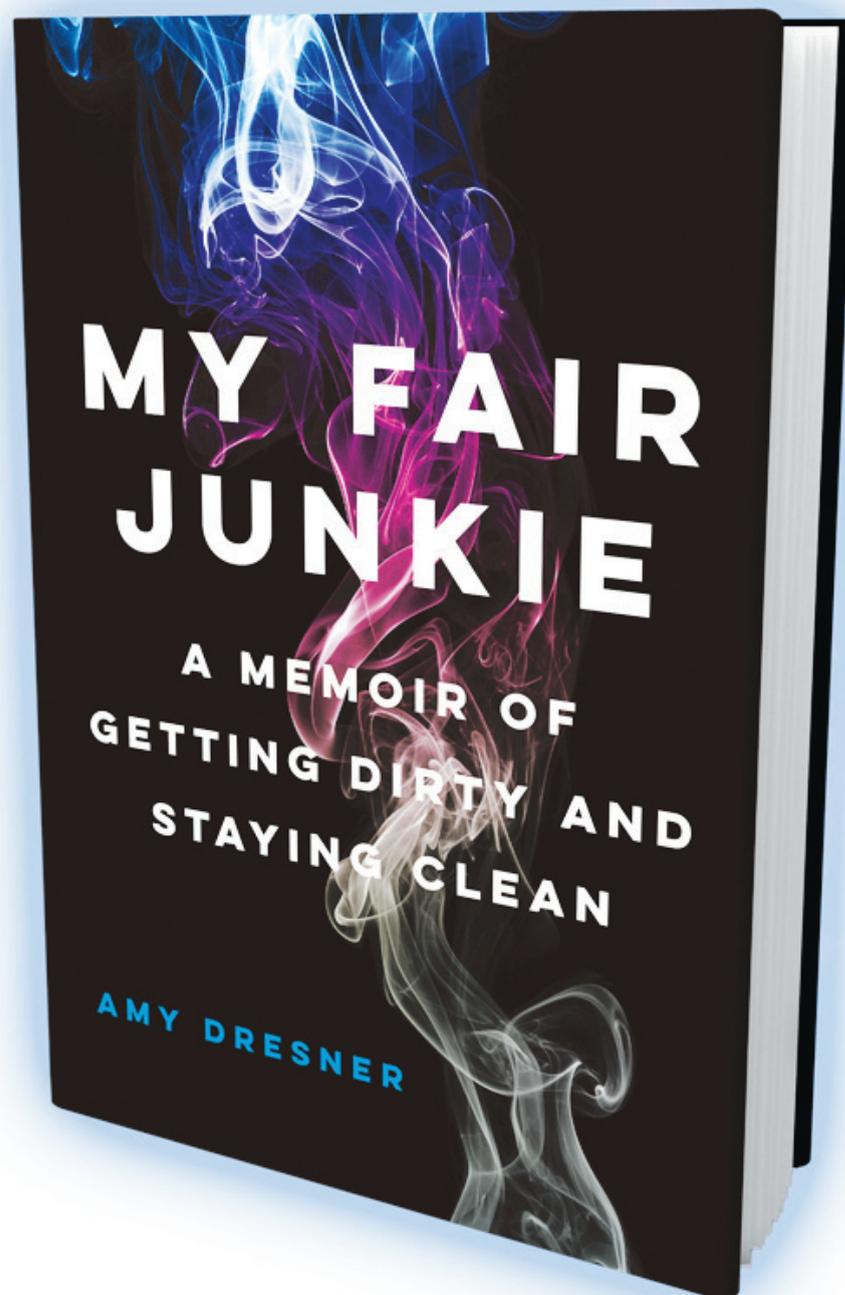
There is a touching moment in the book where you form a relationship with the sober living-house manager's baby. Could you talk about that?

I had never been maternal. I'd always been this sink-hole of need that everyone threw money, and help into. I was the broken one. I was the baby. The house was full of women who had children. She was a new mother and her baby wouldn't stop crying. All the mothers had tried their tricks, and failed. Then she came up to me and said, "You're up." I balked, saying that I'd never had, or wanted a child, and she said, "Please, just try anything." I started walking around the house with the baby over my shoulder using this rhythmic technique that my mom had used—and the baby fell asleep. The other women were surprised, and pissed, "What? She's the baby whisperer?" I had a connection to that kid, and the house manager started to pay me to nanny the baby. I was so concerned with Lily's needs and making sure she was safe. It brought out something in me that I didn't know I had—this loving, maternal, other-oriented side. I was relieved to know that I was not completely selfish, self-absorbed and needy. I could *actually* be of service.

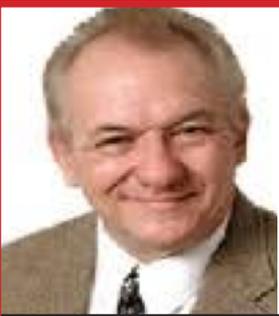
In part two of the interview Amy talks about how the experience of losing everything, and working on a chain gang, finally propelled her into long-term sobriety.

Amy Dresner is a recovered comic as well as a former drug/booze and sex addict. She's been the sole columnist for theFix.com since 2012. She's also written for Salon, After Party Chat, Addiction.com, Good Men project, Vice and Refinery 29. Her first book, "My Fair Junkie: A Memoir of Getting Dirty and Staying Clean" was released by Hachette in September of 2017. It has garnered rave reviews by critics and readers alike for its dark humor, deep insights and brutal honesty.

Steve Jones is an author, screenwriter, and playwright. He's the co-author of the addiction/recovery memoir "Smile Now, Cry Later" published by Seven Stories Press, New York. (www.stevejoneswriter.com.)



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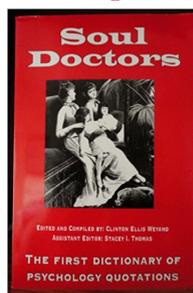
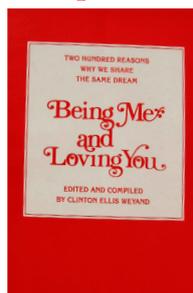
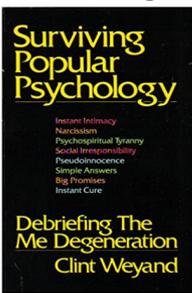
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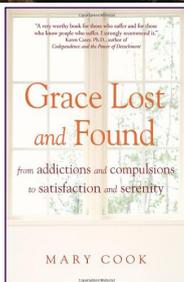
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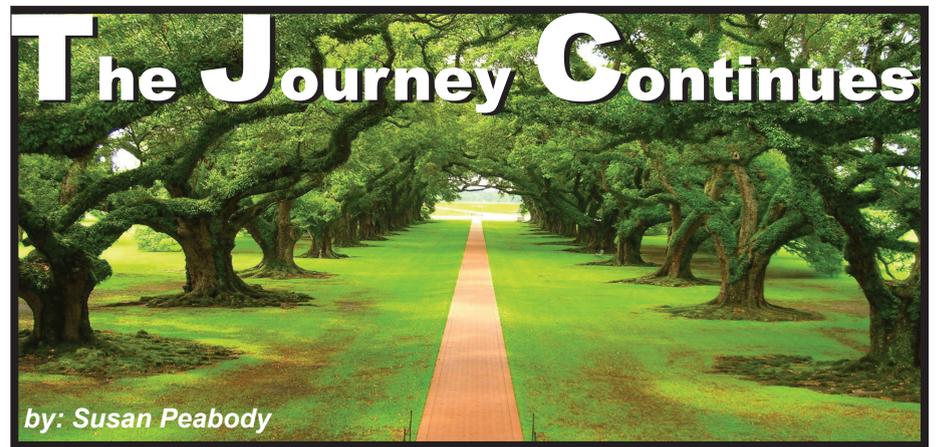
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by: Susan Peabody

DEPRESSION IN RECOVERY

Originally published at www.thefix.com. Reprinted with permission.

In early recovery, most people are elated and feel like they are on a pink cloud. They have reached out for help and believe they are going to get better. Later, when life gets difficult, or they begin digging into some deeper issues, depression can set in.

Depression acts like a wet blanket smothering the desire to do anything. It makes people tired and apathetic. It saps them of enthusiasm and the energy they need to live their life fully. You might say depression is like a thief in the night. When you wake up in the morning you have been robbed of the desire to do anything, but the mandatory and routine things you need to do to survive.

Clinical (biological) depression is a chemical disorder, and can often be corrected with antidepressants prescribed by a professional.

Emotional or situational depression often needs talk therapy or a dose of cognitive therapy, which is outlined in Dr. Burn's book, *Feeling Good*.

Depression has to be dealt with. Consider the following formula for treating it.

1. Practice positive thinking. Replace all negative thoughts with positive ones.

There are a lot of books about how to do this.

2. Avoid self-pity. Self concern, for brief periods when things are tough, is fine, but don't get stuck in self-pity.

3. Be grateful. Gratitude is not an emotion, it is an "attitude." Think about the good things in your life. Thank some kind of higher power for the basics in your life. Gratitude when things are going wrong is the best kind of gratitude.

4. Find a therapist, or what I call an "enlightened witness" to help you heal from past trauma, or "family of origin" issues. Once you have gone over the pain of your past, vent with your therapist each week. If you can't afford therapy, find a friend to be your "enlightened witness."

5. Talk to your doctor about anti-depressants. You may have to experiment to find the right one.

6. Consider embracing spirituality. Nothing will lift your spirits like feeling loved by some form of "Higher Power."

7. Get out of bed even if you don't want to. If you can, get out of the house.

8. Bathe even if you don't want to.

9. Phone a friend. If you don't have one, find one.

10. Love yourself unconditionally. You are a child of God. You are special. Embrace this attitude even if you have to fake it at first.

Personal Journey: I have suffered from depression since I was eight years old. I can see the pain on my face in old photographs of myself taken while I was growing up. Over the years, I used mood-altering experiences, such as eating, getting drunk, and falling in love, to ease the pain.

Eventually, these experiences stopped working and the depression overwhelmed me. I became suicidal. When I got into therapy and joined a support group, I felt better. As I worked through childhood issues, began to love myself, and found the joy of spirituality, the pain eased and I thought I would never be depressed again.

Then, in 1990, I was struck down with a debilitating depression. It came out of nowhere. I didn't understand it at first, but every day when I woke up in the morning I cried because I didn't want to face the day. I didn't know what was happening. I went back to therapy and tried to do more grief work. I continued my re-parenting. I also pushed myself to go to my support group and to show up at work. The depression grew worse, and eventually the pain was so bad that I wanted to die.

I was tired all the time because I couldn't sleep. My appetite went away, and I lost a lot of weight. Eventually, my body was under so much stress that I broke out in hives. I was covered with huge welts. The hives worsened and my eyes and lips became hideously swollen. Then the histamine under my skin turned bloody. Steroids helped a little, but nothing took away the problem.

Eventually, I collapsed from all of the stress and my doctor sent me to see a psychopharmacologist - a psychiatrist who approaches emotional disorders with drugs to correct abnormal or faulty body chemistry. I remember getting a minor traffic ticket while driving to his office. I started crying and couldn't stop. When I arrived at the therapist's office I was a mess.

I was prepared to talk about my problems with this new therapist. However, he didn't want to hear the story of my life; he just wanted to ask me some questions. I answered them and he looked at me with great tenderness in his eyes. He said, "Susan, I believe your problem is chemical. I don't think talk therapy is going to help you this time."

Con't Page 22



SURRENDER TO A NEW WAY OF THINKING

At the time of writing this, we are on the other side of the world in Bali, Indonesia. A place where miracles happen. We are on a spiritual retreat, a three year delayed honeymoon of sorts. We arrived on Kelly's navel birthday, and we leave just before Rudy turns 25 years sober. But today is day three of seven of our spiritual journey here, and we just came back from meeting a man who they call Smokerman, because he smokes clove cigarettes while he blesses people with his hands and removes negative energy. He's a Balinese healer. But he is also just a man. An ordinary man, not the kind of healer one thinks of that is holy and wears a white robe. Watching this man remove pain from people's bodies right in front of our eyes by pressing in places on the body, breaks down the constructs of what we consider to be possible.

What we have both come to learn through spiritual transformation over the years in recovery is that miracles are real. That saying you hear in the rooms of 12 step, "Don't leave before the miracle happens", is one to treasure. A shift in consciousness takes place when you are willing to surrender your thinking, when you realize that your mind is a trap, when you give up the idea that you are NOT your mind. When you surrender to a new way. In the rooms of 12 step recovery, we surrender our individual mind and when we truly welcome the group conscious mind, God's conscious mind we began to receive that miracle that has been awaiting us.

Transcendence is where one is able to connect to the part of who we are that is bigger than our individual mind, the body, and the physical sense of self. Connecting to the greater sense of yourself in letting go of our addictions, requires a dying process. To die. To let go of the ego. To surpass the need of self. Total surrender of what is possible in our life, we then begin to experience any possibility, such as a hopeless drunk turned millionaire.

It may be hard to believe, but elsewhere in the world there is a sense of connection to the unseen, as common to them as people in the West accept the lottery. In Bali, four times a day they offer a blessing in gratitude to their unseen connection to a higher power. Watching three different healers connect to their higher selves and a power greater than themselves, we have seen miracles happen. There was a woman who had neurological issues that caused a constant uncontrollable slow shaking of her head. After seeing the second healer, the shaking stopped through his touch. What she was told was that the shaking was that her nerves were never given a moment to rest, that her environment in her life has not supported her ability to feel calm. She was told that the nerves are the last defense, the last place to hold on to emotional energy. They believe that it can eventually cause Parkinson's by not releasing and letting go.

After having a newfound experience of her shaking disappear, and her face going from unsymmetrical to glowing and balanced, she was asked how does she feel, to which she responded, "I feel like I know God now."

This is just one example we have seen. We watched another person experience a cleansing of her eyesight. Where before the clearing she was wearing glasses and afterward able to see clearly without them. I'm not saying that this new found healing of her eyes will last. They say that we go back to our way of living with stress and emotional poison, and we can gain back our ailments.

Even as I, Rudy, am writing this I'm remembering that one of the healers touched a spot on my foot, and it caused so much pain. When I asked about it, the translator said, "your eyes, I'm clearing them. Do you have eye sight issues?" he asked.

I said, "No" and meant it at the time. Not until writing this did I realize that I have had eye floaters for years, those floating black things that appear especially visible when in front of a computer screen. As I'm writing this in front of a computer screen they are gone.

Con't Page 22

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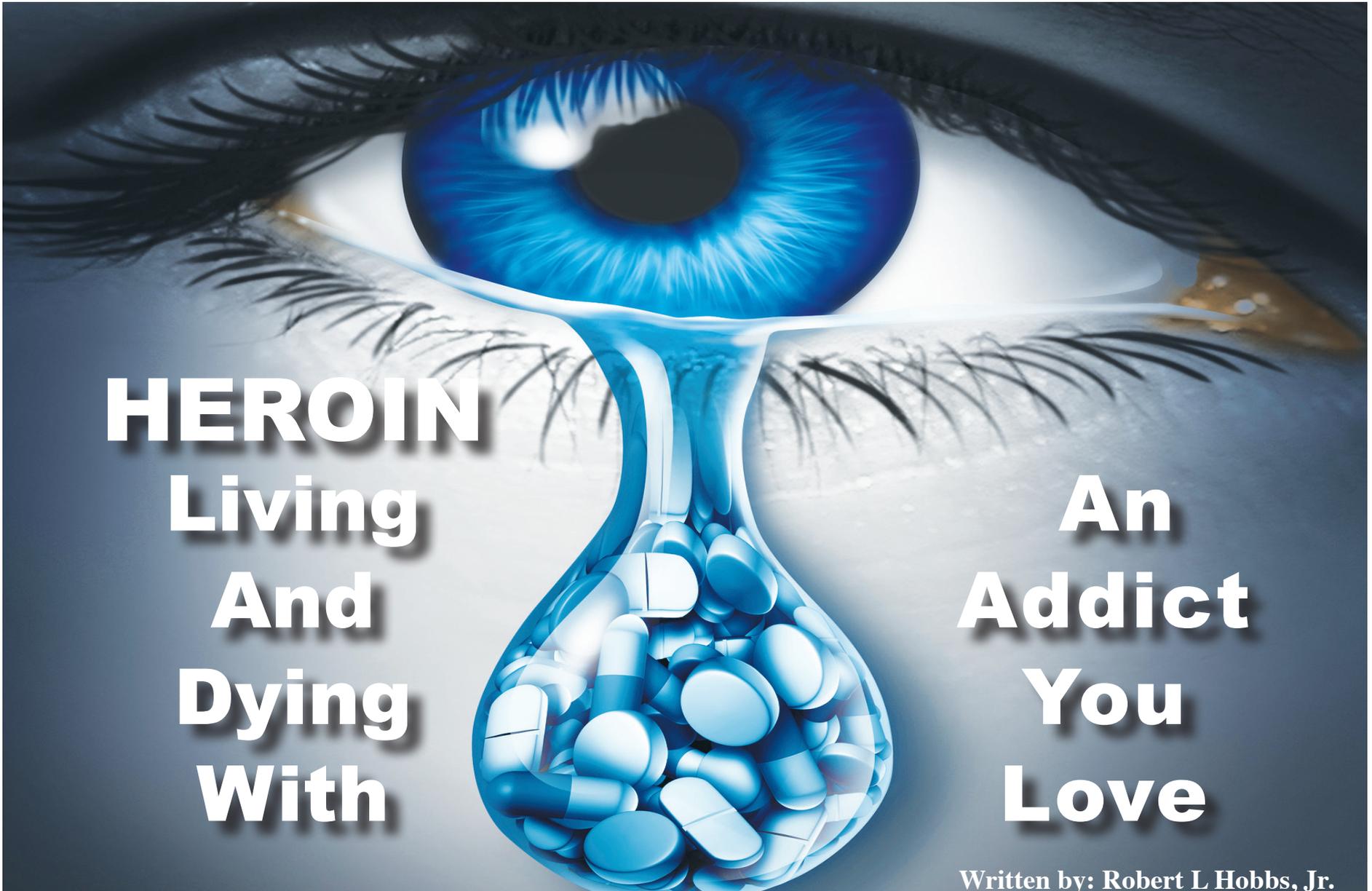
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HEROIN

Living And Dying With

An Addict You Love

Written by: Robert L Hobbs, Jr.

In April of 2017, I published *“Heroin - Living and Dying with an Addict You Love, How to Survive When Everyone Dies”*. The project took just under 90 days from the moment I sat down with a pen and a stack of printer paper, until the first promotional copies were downloaded to Kindle devices from Amazon. We gave away over 1,000 copies the first day, and the book soon made number one bestseller in several genres on Amazon’s bestseller lists. None of this was planned, like most of my story, it just happened that way.

“I found myself in my family physician’s office with major depressive disorder and suicidal ideation.”

My then 22-year-old son’s heroin overdose occurred on February 25th, 2014. After three years of struggling with Post Traumatic Stress Disorder (PTSD), most of which was spent with extreme anxiety, I found myself in my family physician’s office with major depressive disorder and suicidal ideation. I was at the end. I couldn’t fathom living with the mysterious physical pain manifesting in my body, because of some little understood emotional disorder.

I was also determined to quit prescribed tranquilizers. My daily pharmaceutical stew consisted of Xanax, Klonopin, Zoloft, and Cymbalta and for the first eighteen months, alcohol was blended in as needed. But as I had been sober from alcohol for the last 17 months, my doctor assured me that I would not be subjected to tranquilizers if I would agree to see a Psych.D. trained in Cognitive Behavior Therapy (CBT).

I readily agreed, and he started modifying my ‘scripts and I went to see his recommended CBT shrink.

As luck would have it, my new therapist had some drug related family trauma of her own – she had direct personal experiences with what I was feeling. My first CBT assignment was to write essays about my son’s overdose, and have someone grade their grammar and review them with me. Ideally, by writing essays, I would gain exposure to my traumatic event, without having to discuss it. We would only discuss the grammar quality of the essays.

I was nervous, afraid actually, to examine my experiences so deeply. But even more scary was the possibility that some of my thoughts, and feelings from that day might be revisited not only by me, but by someone grading my work. As I committed to the doctor that I would do as directed, I also made a silent commitment to myself, *“Under no circumstances would I open the vault that safely secured my darkest thoughts, and feelings for the last three years.”*

It was January 15th, 2017, when I sat down to write my first essay; it was April 8th, 2017 when I finished it. There was no intention on my part for what happened to happen. I provided the pen and the paper, the essay, now book, came from somewhere or someone else. God is the likely Someone. Despite my silent commitment to not reveal the darkest pieces of me to any other human, God decided otherwise. My son may not be clean at the end of my book, but God was determined that my conscious would be - and he made it so.

As we prepared the promotional activities surrounding the book, I was often asked why did I write it? My response was always to describe CBT and the essay assignment. That story worked fine to “break the ice”, but most people wanted more. So now, on the eve of the 1st Anniversary of *“Heroin - Living and Dying with an Addict You Love, How to Survive When Everyone Dies”*, I remind my readers, and myself, why?

First, as parents and loved ones of opioid addicts, we experience a kaleidoscope of emotions, most of them very intense and negative. Some of what we think or feel is so profane, that the guilt and shame we carry drive us into isolation. We should never feel guilty for a thought or feeling – both blow through our lives like a cool autumn breeze. Like the breeze, we should simply let them blow right by. So, the first reason why is: Loved ones of opioid addicts should recognize that – “Whatever your feelings are, they’re perfectly normal, and perfectly acceptable, just like you are.”

BOOK EXCERPTS

In the moments immediately following my belief that my son was dead, I had two conflicting emotions. This is not something I enjoy reflecting on, as it brings up overwhelming feelings of guilt when I do. But, this book is for those trying to make sense of what is going on in the life-and-death situations faced by addicts and their families.

Others might feel the way I felt, and, for that reason, I must speak of my experience. I was mourning as any father would mourn the death of his child. I felt a tremendous loss, tremendous despair, tremendous guilt, and a strong sense of failure. There was also shame, embarrassment, and humiliation. My first-born child, my only son, was gone. Part of the mourning process is the consideration of how to tell his mom, his sisters, and his grandparents. How raw would that be? I don’t want to lead you to believe that I was not in the moment during all this chaos and desperation— because I was. But the mind does what it does. Mine was everywhere and nowhere all day.

I was relieved. I had a tremendous sense of relief in the instant where I was mourning his death. I felt that he was safe; that his suffering was over. However, selfishly, I was relieved for myself. This is where the guilt comes in.

I was relieved that I would not need to deal with this bullshit anymore. What I just described in these opening chapters captures only three or four days of more than eight years of incredibly bad and terrifying behavior. For me, I was in constant fear, constant worry, and constant despair...

...I hate to write that I had enough—that it was killing me—and that though I was mourning his loss—I was relieved it was over. As I look back on it now, I think that had he died, I eventually would have recovered, as family members do following such a loss. But in my case, I mourned his death—and was relieved that our suffering was at an end—however, he came back from the death that I had witnessed. The relief was gone; the mourning remains to this day. Many of the things that followed in my life, and the lives of my loved ones, might not have happened had he not been revived. Please, do not think that I wish he had died—because that is not true—I am simply trying to work through the psychological impact of what happened. I want to share it as honestly and truthfully as I can, so that if something this horrible happens to others—they know that what is happening inside their heads has happened before—and they should relieve themselves of any guilt they might carry. The feelings of mourning did not leave me.

“I was being educated that I needed to accept this as my reality— and, at the same time, let it go— let it go.”

I have become so convinced this will happen again, that I have set myself up to be in a constant state of mourning. Maybe my brain has decided to just stay in this state and minimize the trauma when death comes. I don't know. But three years later, I live in fear and sadness. The relief I felt because this whole painful phase of my life was at an end was smashed by the reality that it wasn't over. And I would continue to fight with him and his addiction well into the future. There was no known endpoint to this madness. Soon I would learn that even after rehab— there was likely a relapse, likely an overdose, likely more rehabs. I was being educated that I needed to accept this as my reality—and, at the same time, let it go— let it go. I still can't believe that is the therapy we get— it's gonna happen again— nothing you can do about it— let it go. Any relief that I had felt at the thought of his death was fully replaced with anxiety after his revival.

Second, the stigma. Stories like mine are rarely told because of the stigma associated with heroin addiction. Much of what parents and loved ones know about the nightmare of addiction, they will carry to their graves. We all fear the judgement of our friends and neighbors; things are bad enough, no need to be labeled bad parents, or a failed family by those who could never understand. So, the second reason why, “Parents and loved ones need to know they are not alone, and they did nothing wrong that caused the addiction.”

BOOK EXCERPTS

I started having terrible thoughts about him dying in the streets— cold, lonely, hungry, sick from drugs, using drugs. F**k. Did I just seal his fate too? This was crazy. Save his life and jeopardize my girls? Let him go? Stuff like this doesn't happen to guys like me for a reason— we have no idea how to handle it. I do not know anyone who knows anything about this. What am I going to do? Knock on my neighbor's door and say, “Hey man, when your son was shooting heroin— how did you deal with it?” There is no place to go— nowhere to turn. I have no idea what to do or who to call. I have never heard another live human talk about heroin— not in conversation, not in a joke, not on the news. I was totally humiliated and embarrassed. I was clueless and helpless. I felt so alone; totally and completely isolated from all other humans.

Caged by this stigma, imprisoned by my fear, paralyzed by my dread. Now what do I do? Where do I start? I left the parking lot and was making the 6-mile drive home. I texted my wife and reminded her again I was coming. What am I going to say to her? What if he dies and I don't tell her what happened? I was going to lose my mind. I made another quick mental scan of every person I knew: Who can I call, who can I ask? NOTHING, NO ONE. I was isolated from every single person I knew. I could never tell anyone about this. It would ruin me; it would ruin my girls— thought after thought kept rolling through my mind as I drove home— all the while wondering and worrying about him

Maybe if deaths due to heroin overdose were announced on the news every evening— the youth would get the message, that a needle in their arm is the first shovel full of dirt dug from the hole of their grave. As important, heroin kills the addict's non-using family members too; they just happen to continue living. I cannot explain why this epidemic is shrouded in such secrecy, not completely anyway. What I do know is that family members of addicts, fathers like me, are so ashamed and humiliated by the stigma of heroin in the household that we would take the truth to our graves. The embarrassment is not just surrounding our child's addiction to a nasty, needle-administered narcotic, but also the guilt associated with our failure as a parent, as a member of the community, and a contributing member of society. I have maintained for some time that heroin's greatest ally is the secrecy that surrounds it. Addicts and dealers certainly are not going to share their stories. Parents, siblings, spouses, partners, and other family members are shamed into silence. In many jurisdictions, even law enforcement and medical examiners are resistant or unable to publicize the cause of death accurately as heroin or opioid related. I do not know the solution to the problems we face with heroin addiction and overdose. However, I have come to believe that shining a light through the shroud of secrecy, and illuminating the issue, can only aid in destroying heroin's grip on our people. There are hundreds of thousands of families dealing with this exact problem as I write this, and as many as 50 percent might not even know yet that heroin is the problem. A majority of these families and family members are living in a lonely, frightening, and dark place. Few realize that there is help— they try to fight alone— only to realize they cannot win. Others lose before they even realize there is a fight. I want to reach out to all of them now and offer my love and assistance—and I would like to ask others to do the same.

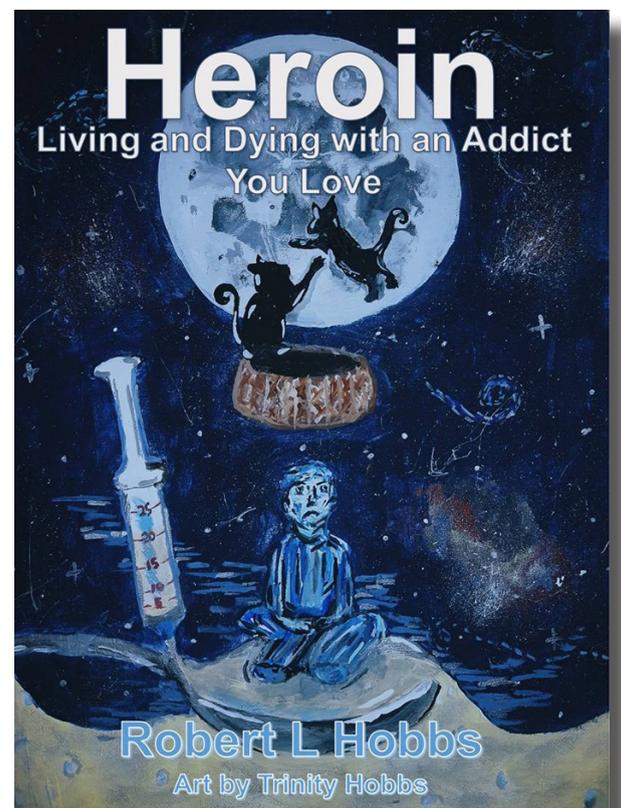
Third, the recovery business is a huge multibillion-dollar market. At the height of a family's fear, they are forced into the addiction detox and rehab industry with its false promises, and high-pressure sales tactics. So the third reason why, “Families need an honest source of information to guide them into knowing what to do.”

BOOK EXCERPTS

Sarcastically, he asked me if I was leaning toward one of those treatment centers with a slick website, great reviews, and high success rates. “Of course! Isn't that just common sense?” I said. “C'mon man,” he said. “You are a smart guy! Don't fall for one of those marketing companies that does rehab; find a rehab that is so focused on treatment that marketing is an afterthought, and then only if there is a budget for it. Find one like that, and you might have a chance, and you won't waste your money chasing fantasies like “first-time heroin recovery.”

I thought about what he just said; here was a nurse's aide schooling me in common business sense.

“What else you got for me, man?” I asked. He continued breaking down what he considered to be my flawed thinking. “Well, the way I see it, your son lives in Cobb County. You are gonna send him away to some remote city for rehab— and he'll probably be a rehab all-star, an honor grad. He'll come out with a fancy referral letter and a shiny certificate. But when he's done, guess what happens next? He comes home to Cobb County. This is where he lives; this is where his life happens. Once he is back here, he has no support group, no sponsor, no doctors; all he has are his loser buddies.



It won't take long until that fancy rehab is a distant memory, and your son will go back out, and ultimately, he will end up right back in here again.

Fourth, share the pain. Addicts need to know, intimately, what they are doing to their friends and families. The fourth reason why, “To express, as much as words will allow, the hopeless, helpless frustration parents and loved once experience every moment of every day.”

BOOK EXCERPTS

The feeling of absolute helplessness had become a rather common feeling in my life. My son was going to die— and I couldn't help it. In addition to the extreme sadness and fear of impending tragedy, I felt as though I was in a hopeless situation from which I could never escape. I was always going to be his father, and, as long as he was alive, I was going to have to deal with his addiction and the damage he caused while he saw it through to the end. If he died— I would have to live with that and my failure to prevent it. There was no way out— I was trapped by him, by his addiction, and by my inability to let go. I wanted out so bad— but there is no escape from the life of a heroin addict. He can't escape the addiction, and I couldn't escape him. It was a lifelong sentence of hell. No matter what I tried, I could not find a way to not worry, to not fear what was going to happen to him and the people around him.

I had hoped that this year we would have turned the death rate due to heroin in the other direction. We still have work to do. In the meanwhile, it is my sincerest wish, that all of you suffering in some way due to this scourge, can find solace in knowing, that you are not alone, you are never alone.

Robert Hobbs, BCC, MBA, Author, is a Board Certified Coach with specialty designations in both Wellness and Business. Bob leverages his coaching expertise and personal experience as a trauma survivor in recovery to help his executive and professional clients' families overcome the traumas of addiction. His preferred techniques are derived from Strategic Intervention and Neuro Linguistic Programming while he teaches Mindfulness and Meditation. Email Bob with comments at bob.hobbs@sandalwoodwellness.com



Denial Overlooks The Obvious



"I don't get it. Everything I own smells like smoke."



BORN AFRAID - BUT NOT DEFEATED

I was born afraid. So, it became no surprise to me now, that by the time I entered college, my high anxiety, sensitivity, and perfectionism had fueled anorexia nervosa. Restricting food decreased anxiety. And, if I ate enough in a binge, I didn't have to deal with difficult emotions. Controlling my body size was an unconscious way to cope with perfectionism. (If I can't get the perfect grade, I can, at least, have the so-called perfect body.)

Of course, none of this worked in the long-term. Eventually, my solution became my biggest problem, my greatest fear. A year or so after college graduation, I desperately wanted freedom from my eating disorder.

What we want often lies on the other side of fear.

I had to move directly into what scared me most—over and over again—in order to save my own life, as anorexia has the highest mortality rate of any psychiatric illness.

I followed my dietitian-prescribed food plan, all the while, terrified. I gained weight and saw horror in the mirror each day. Recovery, in the beginning, was like bathing myself in fear. Of course, I resisted this for a long time. I thought, I'll face the food and body image issues when I am no longer afraid.

I was waiting for fear to move. Then, I'd move. But, that's not how it works.

We all know that facing fear is key, but we all get frozen in our lives, waiting for fear to fade away, before acting. I have learned that fear only dissipates when I move into it.

Finally, marching directly toward what terrified me continuously, I fully recovered from my eating disorder. I was even able to turn all of that fear into my first book, *Life Without Ed*.

Trying to get a publishing deal brought on a whole different kind of fear: rejection. Publishers rejected *Life Without Ed* well over fifty times. I didn't quit, because my eating disorder recovery had made me resilient. I was stronger than ever. Or, at least, that's what I thought at the time.

Enter posttraumatic stress disorder, or PTSD, about ten years later. In my late twenties, I had experienced sexual trauma in a relationship with a man I thought I loved. When I married a different man much later in life, delayed-onset PTSD was triggered, as my brain had stamped "danger" on anything remotely related to intimacy, like a husband.

For me, PTSD equated to pure fear. Adding this level of fear onto an already fearful person felt like unbearable torture. PTSD was like a parasite intent to replicate anxiety and pain into all parts of my life. The world was out to get me; everything was dangerous. I was exhausted, depleted, and oh so scared.

To get better, I once again sought professional help. This time, I checked myself into a PTSD treatment center, one that's main approach to healing was facing fear, repeatedly, each and every day. Literally, my full-time job in treatment became to approach all that scared me. (Yes, I signed up for this, because I knew from my previous recovery that it could actually work.)

Similar to my eating disorder, walking into this level of fear took awhile. If I hadn't already had the experience of conquering something else that I thought might kill me, I might not have had the strength to beat posttraumatic stress.

Years later, I write and speak about PTSD recovery, because, finally, I have experienced freedom. In fact, I am writing a book about this journey. Fear has shifted, yet again, into fuel for my passions and dreams.

I might have been born afraid, but I wasn't born to be defeated. None of us were.

We fall down, and we get back up again. I have discovered that, in the getting back up, we can find ourselves, our strengths, and sometimes, like me, even our life's work.

*Jenni is the bestselling author of *Life Without Ed*, *Almost Anorexic*, and *Goodbye Ed, Hello Me*. She is a Senior Fellow with *The Meadows*. For more information and resources related to eating disorders as well as PTSD, visit www.jennischafer.com.*



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THE TIME TO QUIT. IT'S YOUR CHOICE.

"The cruelest lies are often told in silence." ~Robert Louis Stevenson

I have this quote at the beginning of my memoir, "Addicted To Dimes, Confessions of a Liar and a Cheat." It was the only passage that seemed to fit what I felt like, when first coming into treatment for my gambling addiction. When we are addicts, we tell so many lies, to ourselves and others, just to stay deep in our habit. However, over time, the disease turns us into a whole different person, no matter the addiction type. Is it your time to quit? The choice is ultimately yours.

Coming into recovery, just as in everyday life, we encounter many issues that take our time and energy, and guide our lives one way or another. If the car breaks down, we get it fixed; if we lose our job, we look for another; if we're sick, we see a doctor. It's easy to get caught in addictions, and the load gets heavy, leaving us exhausted, lost, and broken. Many people give up and spend years treading water, while life slides by and leaves them wondering, "Where's my real life from this bondage?"

All addicts possess the will toward a meaningful addiction-free life, and frequently this "will" keeps us hanging on when we're too weak to see a way out. But sometimes addiction is more than a person can handle, and the loss of control, and giving in becomes all there is. Then, that comes with the stigma of being a quitter. You've heard the classic advice, "Never give up...don't quit...quitting is for wimps." Is it, really? What's involved in entering or continue to maintain recovery?

In early recovery, giving up usually comes from feeling overwhelmed by addiction, and feeling there is no other alternative available, or thinking "to change is too hard." The person becomes "stuck," and can't find enough stamina to keep going, or even make it through another day without gambling. They lose sight of their inner 'will' to hang on, and may experience self-condemning thoughts like, "I don't have what it takes; what's wrong with me?" etc., and they finally give up. But hopefully, with support, hope, and recovery advice, they wait for a new day.

Is this the right recovery path for me? Am I really ready to quit? Is there more available, and will I have freedom? Can I choose my own journey to recovery? These are just some of my questions I asked myself as I entered, and in early recovery. And, well, when you've had enough of something like addiction, you're able to give it up and seek something better in life. That is what hope and recovery is all about!

"If you're going through hell, keep going." ~Winston Churchill

Those of us in long-term recovery know giving up or staying in our path is complicated, and a decision to either keep going or give up depends upon many variables in one's recovery journey. Will there be roadblocks? Yes. Will you have times of not being sure how to move forward? Yes. But it is always your choice to quit and give up, or you can continue to challenge yourself and do the work necessary to claim your life back, and be free from the bondage of addiction.

When you face a dilemma or roadblock, consider what's at stake and what you suffered already, and what's the benefit or loss of either choice? More broken relationships, loss of family, paychecks, lost jobs, wasted money, your reputation, peoples trust, crime, jail, and all from gambling addiction. How much more do you need to lose? How much are you suffering now, can you deal with being seen as foolish if you hang on, or a wimp if you give up, and who will be affected by your decision? We need to keep in mind others around us. Will you throw in the towel and give up, or will you choose to get out when you've had enough and grab on to healing, and begin a better way of life?

I think you know the answer. I know the benefits when you quit gambling, and they will far outweigh all the negatives if you continue to gamble. There are many options and treatment available where you live. Look on online, Google gambling addiction treatment and a lot will come up for you. You can visit Gamblers Anonymous at www.gamblersanonymous.org/ga/locations and find a meeting in your area. It is an excellent place to start. Reading is another positive thing to do. Learn more about this addiction. Knowledge is Power. Reading many stories like these at "The National Council on Problem Gambling." www.ncpgambling.org/programs-resources/resources/real-stories-of-recovery-awareness/

They are an excellent way to know you are not alone, have useful resources, and to know many have recovered from gambling addiction, and had "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



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SATURDAY APRIL 7TH, 2018: 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

TUESDAY APRIL 24TH 12:30-2:30: Wildwood Recovery Presents Sarah Nicholson, Therapist & Educator, discussing on the topic of Identification & Assessment of Eating Disorders professional Lunch, Learn & Network. This is a no cost event that includes a complimentary catered lunch Social networking before and after lunch 1 hour education lecture from 1-2pm 1 CEU available for those registered with CAAMFT. Held at Costa House Sober Living Home in Thousand Oaks, California. Email: iop@wildwoodrecovery.com for RSVP and address.

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

WEEKLY BREATHWORK SUPPORT GROUP: The Recovery Circle. Check www.breathworkforrecovery.com for times and locations. \$5 donation but no one turned away due to lack of funds. 888.690.BREATH (2732) Call or text.

SUNDAYS - 7:45 - 9:15 PM 11th Step Yoga, open 12 Step Meeting with a Yoga format has been meeting continuously for over 10 years and returns to it's home base of West Hollywood. Please come join us in our beautiful new space with plenty of free parking in the garage beneath the studio. Join us as we co-create a sacred space for recovery. Prepare for the week ahead in a space of breath and serenity. 8920 Sunset Blvd., Suite 200B, West Hollywood, CA 90069. 7th Tradition. No One turned away for lack of funds. All levels and experiences welcome.

UPCOMING

SATURDAY MAY 19TH, 2018: Dance @ Windsor Club 9:45 pm to 1:30 am. \$7 Suggested Donation. Located at the Windsor Club, 123 West Windsor Road, Glendale, California, 91204.

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

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Book & Video Reviews



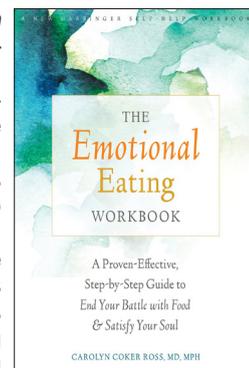
THE EMOTIONAL EATING WORKBOOK, End Your Battle with Food & Satisfy Your Soul. Author Carolyn Coker Ross, MD, MPH. Published by New Harbinger Publications, Inc.

This workbook not only confronts the fact that many of us are emotional eaters, but it shows us how to identify that we are not eating because we are hungry, but because of our mood. Then with compassion, wisdom, and creativity she gives us ways that will help us stop emotional eating. It is so easy for us to just eat, to take our mind off other things. I am bored, so I will eat, or sad, or mad, lonely or any of many feelings.

Again, Carolyn Ross put her heart into writing this workbook. She wakes us up, she gives us timely and effective tools designed to end one's battle with food. This workbook enhances mindful awareness, which leads to making better choices. She helps us identify why we go eat something every time our mood changes and then shows us we can replace eating with so many other things, reading, call a friend, catch up on letter writing, clean house, do something to take our mind off eating.

She knows how to explain things in an easy to understand way. Be honest with yourselves; do you eat just because you think it makes you feel better? It only feels good until we step on the scales. So if emotional eating is your problem. READ and USE this workbook nourishes body, mind, emotions and spirit, this book holds the keys to a breakthrough. IT will help you identify and control your emotions: Helping in so many other areas of your life and will help you feel better about whom you are.

This book is available at Amazon.com

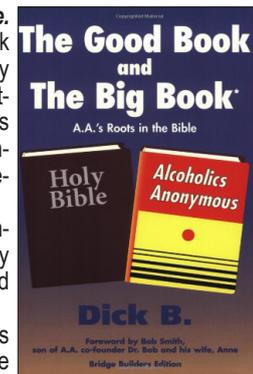


THE GOOD BOOK AND THE BIG BOOK: A.A.'s Roots in the Bible.

Written by Dick B. Published by Good Book Publishing Company. This book is phenomenal with its findings showing the correlation between the Holy Bible written by man inspired by God, and the A.A.'s God inspired words written within the pages of the Big Book. Both books are comprised of themes like self-esteem, patience, codependency, boundaries, forgiveness, relationships and God's care, which provides hope. Remarkably both books are designed to draw us closer to God, being the source of our recovery.

Having studied the Bible back in the seventies, and planning on becoming a minister made my transition into sobriety with less opposition on my part. I immediately saw the distinguishable characteristics of the Bible and the Big Book, which helped me immensely.

This is a must read for those entering into the liberty that the 12 steps convey, helping to break chains that binds us to debilitating and addictive behaviors. The true roots given with complete understanding of the spiritual foundation of Alcoholics Anonymous, is instilled to the reader of this inspirationally blessed book. The book of James, I Corinthians Chapter 13 and the sermon given by Jesus on the mount, has been a measuring stick on morality, ethics and how we should conduct ourselves on a daily basis. The laws of the lands were derived from God's laws imparted to us, "We knew not what to do" so instruction and direction was given us. I truly appreciate the knowledge I gained from reading this very enlightening book. Available at www.Amazon.com.



GUN NEEDLE SPOON A MEMOIR. Written by Patrick O'Neil. Published by Dzanc Books.

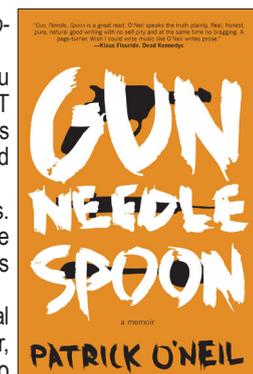
Gun, Needle, Spoon is like a fast paced movie, you can't stop till you know how it ends. I literally could not put it down. This book is a MUST READ. Patrick O'Neil writes in real time. While reading this I forgot this was actually someone's life, it felt more like a mixture of James Patterson and Stephen King.

Patrick tells it all, which makes this one of my all time favorite reads. He exposes his disease of addiction completely, holding nothing back. The insanity he writes about is hilarious, frightening and finally inspiring. He takes the reader to hell and back with his graphic story telling style.

We get to experience his walk in recovery, again Patrick is very real and holds nothing back. He reminds us just because we are clean and sober, not every day is a cake walk. Yet, if we stay clean we just might wake up to another day. I was reminded that after being clean and sober, the places we use to call home - don't always call us home.

I love that the last chapter deals with his experience at jury duty, being at court in an entirely different capacity, something we get to experience if we stay clean and sober long enough.

Available at www.Amazon.com.



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RECOVERY & ADDICTION DIGITAL PROJECT MANAGERS & SOCIAL MEDIA MANAGERS:

These positions are perfect for project managers from a larger web development company who is in recovery but wanting more meaning in their life. To blend who they are with what they do. Or just a social media lover who wants to grow! Plus we will pay a referral fee if you know this person, so contact us! **Responsibilities:** Grow the organic traffic to our existing core recovery properties through the use of high-quality content, link building, social media, and other means. Assess, hire, and manage writers, programmers, SEO, PPC and design folks, and run day-to-day operations. You will be responsible for assembling a team of virtual writers to report on, write about and interview on a podcast, primarily success stories of people in long-term recovery. **Qualifications:** Demonstrated passion for all things Internet and all things recovery. A true "change the world" attitude when it comes to recovery meets the Internet. Online content production experience. Experience with search/social media/traffic/stats/optimization. We are a metrics driven company. Experience finding, cultivating and managing external freelancers. You will be charged with building a pipeline for everything from writers, programmers, designers, social media influencers, SEO's etc and to understand deeply how to get the best prices in the marketplace. Excellent team skills: communication, organization, collaboration. Strong project management skills. Working and managing a virtual team is a must. We are over hiring for this position. It will start out part-time and virtual during a trial period. Depending on your experience and performance you could be full time in as little as 3 months, possibly sooner. If you feel you may not yet be qualified for the positions above but might want to write for us, create video content for us, be interviewed by us or maybe even grow into any of the positions described above, by all means please contact us. Raise your hand, we are growing very quickly. **Resumes to Michael@ViralRecovery.com**

HELP WANTED

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

SOBER LIVINGS

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

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

CHANDLER LODGE SOBER LIVING

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

MIRACLES IN ACTION SOBER LIVING:

Sober Living at it's finest. We provide food and transportation to 12-step meetings. In Glendale, California. (818) 429-9103, www.MiraclesinAction.com

SOBER LIVINGS

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

You can email, or mail your classified ads to us. No later than the 15th of the month prior to the month of publication. The Cost for classified ads is \$40 for 25 words or less Call us at (818) 386-8400 to confirm receipt of your ad.

Box Ad's \$100 Per Month Because when your budget is limited... your exposure **SHOULDN'T BE!**

ROMEY'S RECOVERY HOUSES, LLC

Sober Living Beds for both Men & Women
2132 N. Summit Ave.
Altadena, California, 91001
CALL TODAY!
626-534-2449
Jerome A. Mims

SOBER LIVING HOME FOR MEN
Founded in 1949, Valley Lodge has provided a sober living environment for recovering alcoholics.
Weekly rate, \$135, includes meals!
Southern California's oldest Men's Sober living home!
Welcome to the
VALLEY LODGE
CALL: 818.843.9270
446 NORTH VARNEY ST. BURBANK, CA. 91502

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

CLASSIFIED AD HEADING : _____

Classified Ad Content: _____

Billing Address: _____

Contact person: _____ Phone: (____) _____

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

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

KEYS TO RECOVERY — NEWSPAPER, INC. —

Advertising Rates

Ad Sizes

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

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

Materials & Deadlines

Terms and Conditions

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

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

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

www.KeysToRecoveryNewspaper.com

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

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

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

- 12 Step Alano Clubs
- 12 Step Meeting Halls / Central Offices
- Bail Bonds
- Churches
- Clinical Professionals
- Coffee Shops
- Colleges
- Correctional Facilities
- Counseling Office & Services
- Department of Health

- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Drug Courts
- 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
- Sober Livings
- Transitional Housing
- Therapist Office

- Universities
 - Veterans Hospitals
- 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/Codependents: 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.

Breathwork Support Group: Weekly. The Recovery Circle www.breathworkforrecovery.com for times & locations. \$5 donation, no one turned away due to lack of funds. 888.690.BREATH (2732) Call or text.

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. Have a loved one suffering with mental health and/or substance abuse? Parents & spouses invited to join support group, Wed. 6:30pm-7:30pm. At Awakenings, 28720 Roadside Dr., Agoura Hills, #200. 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

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.

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.slawso.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 Satocoy 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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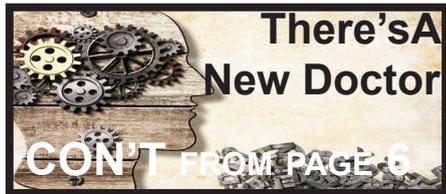
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Later in the process, once the powerful archetypal energies of the addiction are activated, the person operates with the addiction as its god, but also, the addiction can now dupe and delude the person through its possession to a grandiose ego position that falsely believes it; the ego is god and can control everything when, in fact, it controls nothing, and the addiction is really calling all the shots.

EGO = Edging God Out

When we see that the Twelve Steps are also a spiritual journey of individuation, we realize that we must dis-identify and let go of all the narcissistic traits and ego obstacles which block the spiritual energy from our real self.

We must let go of:

1. Any confusion that the addiction is magical or that the addiction has the answers;
2. Any false statements that everyone will abandon us if we give up the addiction;
3. Any beliefs that, if we give up our persona or social mask, we will be too vulnerable and only get rejections;
4. Any illusions that our ego has all the power and all the control. "My Ego Can Fix This";
5. Any delusions that the addiction is some type of god or false god.

"First of all, we had to quit playing God" A.A. pp 62

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. Website doctorclint.net



The doctor then gave me an article about clinical depression. I resisted the idea of being clinically depressed, although my family had a history of this problem. I absolutely did not want to take medication because both my mother and sister had become addicted to narcotics prescribed by a doctor. (Later I learned that they had become addicted to painkillers in an attempt to mask their depression.)

Since I was afraid of medication, I suffered for a few more weeks. Then, one day I couldn't stand it anymore. With tears in my eyes, I called my doctor and agreed to give the medication a try. If the medication had not worked so quickly, I would have suspected that my condition had improved on its own without intervention. However, within days of taking the medication, I was sleeping through the night. The hives disappeared and I came alive again. I was not high, I just felt good because my body was not in so much pain. And I was ready to go back to growing and changing through self-help groups, therapy, and positive thinking.

Today, I understand depression in all its many forms, and I realize that different kinds of depression require different treatments. I did not medicate my daughter's death or the loss of my sister, but I still take medication for clinical depression.

If you are depressed in recovery, Leave no stone unturned. Get help. Most of all, learn to love yourself. Low self-esteem is a major cause of depression.

Susan Peabody is a writer who likes to help people in recovery. She specializes in the treatment of love addiction. Her books include: Addiction to Love, The Art of Changing, Recovery Workbook for Love Addicts and Love Avoidants, and Where Love Abides. For more about Susan see her website; www.brightertomorrow.net

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Matters of The Heart

CON'T FROM PAGE 11

This is no different than watching a hopeless dope fiend selling their body for dope to become a woman raising a family. Miracles happen everyday. They happen in 12 step meetings all over the world, and on hard marble floors covered by a tin roof in Bali. And everywhere in between. Miracles are those moments in life that show you there is so much more than we are able to see. That we truly are more than this physical presence. And if you pay attention long enough, you begin to experience that you are a spiritual being having a human experience.

Love only, Rudy and Kelly Castro - Conscious Partnership

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

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