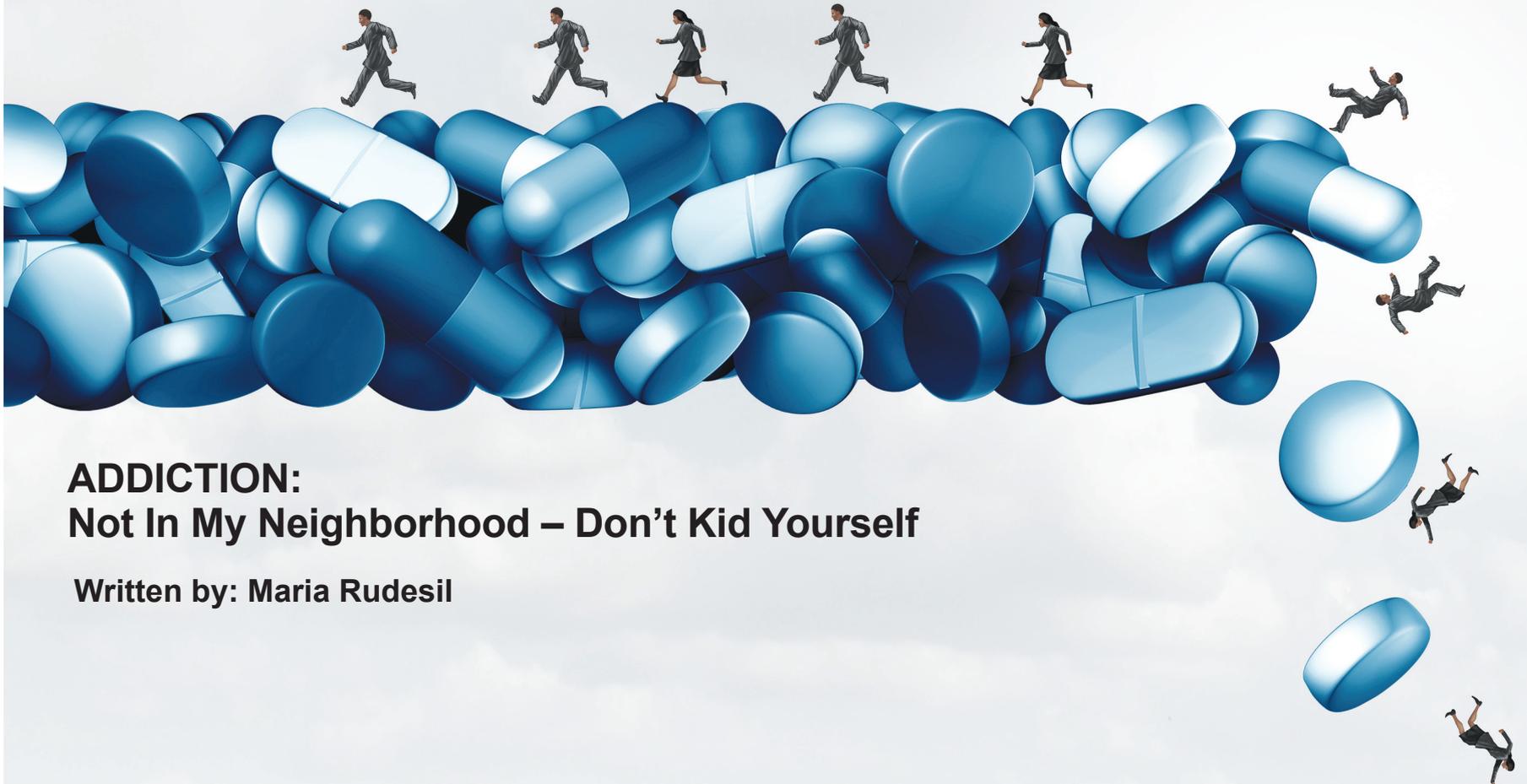


May 2018

# KEYS TO RECOVERY — NEWSPAPER, INC. —

## WE CAN'T OUTRUN ADDICTION



**ADDICTION:**  
Not In My Neighborhood – Don't Kid Yourself

Written by: Maria Rudesil

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Codependency**  
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of NEW**  
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# About Us

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



Thank you for taking the time to read this current issue of "Keys to Recovery Newspaper", cover to cover. Be sure to take the time to visit our website ([www.KeystoRecoveryNewspaper.com](http://www.KeystoRecoveryNewspaper.com)), for any back issue you may have missed.

As the month of May begins I look forward to all the great events to come. But before that I want to look back at April, and to acknowledge the passing of Peggy Albrecht, of Friendly House. Peggy Albrecht is a modern day hero. Peggy passed away April 8th, 2018, her memorial is being planned for May 12th, 2018.

In March of 1951, Friendly House was born, it all started with a dream and Bea Jorgensen. Bea wanted to create a home where women could feel safe, a home where they would be loved unconditionally while they learned to love themselves. It was Bea's constant desire and second dream come true, to be able to leave Friendly House in the hands of someone who shared her love and dedication to its continuing efforts. That person would be Peggy Albrecht.

Peggy joined the staff of Friendly House in 1983. Under Peggy's loving guidance, Friendly House has grown in stature, strength, and reputation, and today celebrates 65 years of service. Before Peggy's passing, she left a third generation of someone who shared her love and dedication, Monica Phillips. There are no words to truly express all that Peggy gave over the years. Her legacy to the recovery community may never be matched.

Peggy had requested in lieu of flowers to please donate to Friendly House, and so they have created the Peggy Albrecht Scholarship Fund, to continue her vision of providing treatment to those women who want recovery, and may not be able to afford it. Please consider giving in honor of Peggy's memory.

In July 2018, we will be holding the 4th Anniversary of Keys to Recovery Newspaper Awards Dinner (date to be announced). The Awards will be presented to both Peggy Albrecht, (Monica Phillips will be accepting the award on her behalf) and Jack Bernstein of Cri Help. Limited sponsorships are available. Please contact Jeannie or Marcus for more information.

In September we will be holding our second book signing of 2018. We will be partnering with My 12 Step Store (in West Hollywood, California), and featuring Amy Dresner's book, "My Fair Junkie", newly released and available at the signing in soft cover, (see page 9 part 2, of The Hope Interviews).

Last but certainly not least, I found out that I will be a grandmother. My daughter, allowed me to hold a gender reveal party this weekend, so that both her, and the father could learn the gender of the baby together, with their close friends, and family members. IT'S A GIRL! She literally jumped for joy. This is another miracle of my sobriety. My beautiful daughter, is having a daughter of her own. Only through the grace of God, is this possible.

**- Jeannie Marshall, President & Cofounder**

Hello to you all, I want to start off with appreciation, for being given the opportunity to be a part of your day. The month of April was highly unusual, first I received incredible news about my step-daughter's pregnancy and becoming a Grandfather for the first time, and then I was blindsided by the bad news of my father being hospitalized in critical condition.

My father died Thursday April 26th, at the age of 84, I am indebted to the 12 Steps and its principals in aiding me to be there for him over the last six years. Even with the physical distance, I live in California and he lived in Birmingham, Alabama, the distance relationally between us was shortened. Through numerous phone conversations we were able to resolve some emotional matters that needed closure and forgiveness, and I am extremely thankful for that opportunity.

The comparison of how the beginning of April started with the promise of new life, and how the last part of April ended with death is an ever - present reality, that nothing is a guarantee in life. We all need to truly appreciate what and who we have in our lives now, and to embrace them wholeheartedly knowing that they're a gift to be thankful for.

I don't take my blessings for granted, I definitely know that everything we acquire in life can be taken away at any time, and knowing that, has helped me to always give thanks to God for His generosity. Even when I was in my addiction, I had enough sense to know that nothing is promised to me. When we stay in the present and focus on our sobriety, whatever is given to us can then be received with a truly thankful heart. Until the next time we can come together again for reasoning and reflection, may God keep you safe and strong during your journey.

**- Marcus Marshall, Vice President & Cofounder**



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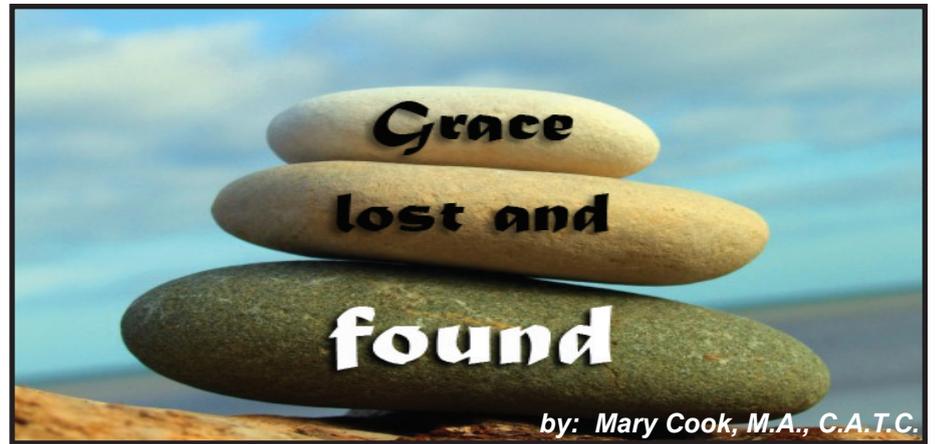
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by: Mary Cook, M.A., C.A.T.C.

**COMPASSION OR CODEPENDENCY**

Addictions take hostages through seduction, oppression, corruption, and deception. They pretend to offer power, peace, pleasure, and protection, but they imprison us in painful perdition. There is no possibility of an authentic relationship with self or others, for that requires vulnerability and honesty. There is no possibility of health and happiness, for that requires responsibility and understanding. There is no possibility of a purposeful, fulfilling life, for that requires alignment with our divine nature.

Recovery teaches us how our example is the best tool for helping others. If we are ensnared in someone or something that causes harm, we reinforce the problem. If we attempt to control ourselves or others through willfulness, we fail. Love and helpfulness without deep understanding of the problem backfires. Taking on responsibility for other adults creates hostile dependency and increasing dysfunction. Over-focusing on others' problems blinds us to our own, leading to anger, despair, frustration, and self-betrayal. Perceiving ourselves as superior and those we wish to help as inferior, separates us from the interconnectedness which sustains life, and supports healthy growth.

Codependency gives us a partial view of self and others. We see problems and seek to impose fixes for those problems. This breeds resistance, interferes with necessary components of healing, and escalates problems. Fear keeps us mired in pity, judgment, coercion and need, and we fail to see the lessons and blessings of trials and tribulations. Painful themes that are inherent in our journey can enlighten us in our evolution, if we see them in the context of a greater wholeness.

*Addictions are a futile attempt  
to fight what we fear.*

*Recovery is facing what we fear...*

Compassion arises from acceptance of free will and the changing nature of life, of our interdependence on this planet, and of faith in a higher force of goodness which is greater than suffering. We see both our destructive and constructive nature, and we engage in the process of understanding and healing, of surrendering what harms and practicing what helps. We are not defined by addictions, and dysfunction, they are symptoms pointing us toward what we deserve to heal. Having had personal experiences of recovery from addiction and trauma, we support others' efforts in recovery. We know their willingness to participate fully in their recovery will yield bountiful blessings.

Addictions are a futile attempt to fight what we fear. Recovery is facing what we fear, with emotional support and a growing faith in the unlimited goodness available to us all. This is how we discover deep, authentic relationships, health and happiness, and a fulfilling life. It is our sense of the sacred within us and in the world, that allows us to heal. It is our awareness of wholeness and unity that allows us to understand. It is our feelings of reverence and gratitude that allow us to love. It is our practice of personal growth that allows us to fully live. It is our faith in a loving Higher Power that works through us for the highest good, that allows us to extend compassion to the world.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 42 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 F.

### THE POWER OF "NEW"

Simply replacing the word "now" with "new" may just give you the boost you've been looking for. The word "now" has always felt emotionally vague to me. Maybe that's because it has been so over used, it's lost its oomph. The word "new" on the other hand maintains an energetic kick, and gives me a feeling of excitement. Since the now is always new, I've decided that "new" and "now" are synonyms; "new" is indeed the powerful essence of "now".

Here's my ridiculously simple discovery, whenever I mentally replace "now" with "new", I instantly get a lift. I'm convinced it's the lift that the now intends for us to enjoy. Just give it a try and see how it feels. Here are a few examples, "The power of new", "The here and new", "The time is always new", and "All we really have is new". They feel so good to say that I continue to repeat them. It's amazing how swapping out now for new transforms these familiar statements into mood elevating affirmations. Like mental reset buttons that refresh the mind. They're a quick and easy way to start a new day anytime I'm feeling frustrated.

When I'm stuck with what seems like an overwhelming problem, it's a signal to me that I'm in need of a new thought. Problems are to the mind what lack of oxygen is to the body. My mind is craving a new idea, a new thought, or new perspective. In the "Big Book" aka "Alcoholics Anonymous", Chapter 5, "How It Works" it's pointed out that, "Some of us have tried to hold on to our old ideas, and the result was nil until we let go absolutely." Giving proof from experience that I cannot move on to better circumstances, unless I'm willing to toss out my old ideas so that there's room for new and improved ones to enter.

There's a prayer on page 68 of the "Big Book" that is my magic wand for attracting solutions to problems, big or small. I've personalized it as, "God remove my fear and direct my attention to what you would have me be." Every time I say this prayer it elevates me out of the role of the victim I've cast myself in, and into my right place as a co-creator with God. It actually promises this in the "Big Book" as well with the very next sentence, "At once, we commence to outgrow fear."



Having the knowledge that my circumstances will improve as my thinking improves, motivates me to be quick to cast aside old ideas for new ones. Problems feel bad because it's an indication I've outgrown my current circumstances, and that God has better things in store for me. I've outgrown my current ideas and now is the time for new ones.

The following is from my morning meditation. The meditative reading for that day was focused on the significance of being mindful of living in the present. At that moment I was inspired to mentally insert "new", every time "now" appeared in the text as I read it.

Here it is: "I have finally realized the great fact that all I have is new. This sweeps away all vain regret, and makes my thoughts of the future free of fear. What I do new, in this present moment, is what makes up my life. My whole life is a succession of news. I will take this new moment, which is given to me by the grace of God, and I will do something with it. What I do with each new moment will make me. Am I living in the new?"

This simple exercise of substituting the word new for now, opens my mind to new ideas that transform negatives into positives, and disadvantages into advantages, by releasing old ideas and inviting in new ones. I've even created a little affirmation I now use frequently it goes, "I release the old and I'm renewed! I now live in the here and new!" Replacing my "nows" with "news" is giving my "now" vitality and I hope it does the same for you.

Darrell F.: Artist Darrell F. is a decorated U.S. Coast Guard veteran and author of "What if Godzilla Just Wanted a Hug?". To learn more about Darrell visit [www.ThisWillMakeYouHappy.com](http://www.ThisWillMakeYouHappy.com)



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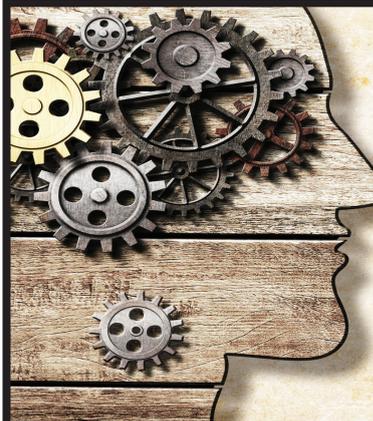
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**There's a New Doctor in Town**

by: **Dr. Clinton Weyand**

Dear Dr. Clint:  
I don't understand why everyone has a different experience of shame. Can you please clarify this for me? Signed - Shamed.

There are many definitions of Shame. Unlike guilt, which is felt when an external "moral" rule is not kept, shame occurs when we fail to live up to a personal ideal.

For example, many people who start drinking and using again feel very guilty about their relapse. Shame is a stronger feeling and goes with a belief at some level that you are a bad person. Guilt is about your behavior. Shame comes from a belief that your identity is very flawed. Shame is a chronic, negative feeling, and sometimes an overall feeling of emptiness.

It is important to identify shame, but to not become addicted to it. When we start feeling shameful, we leave ourselves and operate much like someone on drugs or alcohol. Nothing clear can get in. Nothing clear can come out. WE stop processing communication clearly.

WE must realize that shame is learned and can be unlearned. Shame was used to control us when we were younger, and now we often use it to control others. Shame becomes another addictive disease, but we can let it go with awareness, and forgiveness.

Shame refers to a broad spectrum of painful affects, embarrassment, humiliation, mortification, and disgrace, that accompany the feeling of being rejected, ridiculed, exposed, or of losing the respect of others. Early experiences of being seen, looked at, exposed, and scared are significant in producing shame.

In shame-based families, we measured ourselves by unrealistic expectations, and unreachable goals that validated our critics. We focused on our inadequacies rather than our accomplishments and progress. Mistakes were indictments instead of testimonies to our learning and risking. Our original dreams were mired and obscured by the expectations of others.

Vision is the core path out of shame, because it emanates from what really matters. The parameters are determined by being at your best (being in the zone, and in a creative flow). Vision works best with a defined mission built on your unique abilities, passion, and meaning.

Vision is a mental image of what the future will or could be like. Vision is also the ability to think about or plan the future with imagination, or wisdom.

Shame can be a normal feeling, but when it colors one's basic ideas about personal identity, it can become pathological. Shame is problematic when it arises with every tiny failure, or is an ever-present current in every relationship. Shame is a difficult emotion to admit to and to express. Shame can be mildly diminished if we are able to laugh at ourselves.

WAYS TO DEAL WITH SHAMING AND PERFECTIONISM

1. Rediscover yourself as more than the sum of your actions, behaviors, and products. Get past the "display image" you have been trying to project.
2. Recognize perfection as an unattainable ideal, not a desirable way for human beings to live. (A set-up where we beat ourselves up when our recovery is not perfect.)
3. Strive for excellence and enjoy your achievements. Not giving up but increasing self-acceptance, and self-compassion.
4. Stop listening to the over-demanding, never-satisfied Critical Parent and Inner Judge.
5. Look carefully at your internalized unrealistic expectations. See that they are, in fact, enemies—not helpful friends. Begin to revise, edit, lower, or drop these expectations.
6. Don't get hooked on someone else's standards. If your parents are never content with what you do, realize that they have a need to be always discontented. Identify and cultivate your own values.
7. Refrain from self-criticism when it is really self-destructive behavior in disguise.
8. Work at becoming more cooperative and less competitive. Stop ugly comparison games that enable you to lose connection with others
9. Replace entitlement with empathy. Become more real when others criticize; they may not ever see your beauty or your unique qualities.
10. Don't pass along your perfectionism to your kids. Help them learn from mistakes without feeling ashamed, or unacceptable.

Suggested Books: 1) Daring Greatly, by Brene Brown; 2) Consolations by David Whyte; 3) Recovery from Trauma, Addiction, or Both by Lisa Najavits

*"The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood: who strives valiantly...who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly." -Theodore Roosevelt.*

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, call him at (818) 341-0283 or (818) 800-4814. Website: doctorclint.net



by: Jenni Schaefer

## THE VOICE DEEP WITHIN: HEALING FROM MY EATING DISORDER

"You don't need to worry," said the kind voice deep inside me, as I studied obsessively for the medical school admissions test.

Trying to soothe my unrelenting anxiety and painful perfectionism, this reassuring voice added, "You're never actually going to become a doctor."

I didn't listen. Or, rather, I couldn't listen, because another voice in my head was much louder. This one was negative and self-critical with a message of "You're not good enough." This voice said that I not only needed to excel at grades, perform flawlessly in choir, but I also needed to have the perfect diet, shape, and weight.

Controlling food and my body was an attempt to cope with the high anxiety, and drive for perfection that were robbing all joy from my life. Of course, these unhealthy control efforts backfired: I began bingeing, purging, and restricting. I couldn't stop.

In spite of a 4.0 GPA and, ultimately, being accepted to medical school, I was miserable. By the end of my last semester in college, something inside of me said that staying on my path of perfection was going to kill me. I had to change course.

So, guided by an inner compass that somehow got my attention amidst the storm, I did something that surprised a lot of people.

I put down my textbooks, grabbed my dusty guitar, and moved to Nashville. Instead of going to medical school, I headed to Music City to pursue singing and songwriting, something I had always wanted to try. Without each semester's report card hanging over my head, begging to be perfect, I began to see things in my life more clearly. Most significantly, beyond the tunnel vision of school, I came to realize that I struggled with a real, life-threatening illness.

I never chose to have an eating disorder, but I did choose to get better.

The first step to healing was opening up about my struggles with friends and family. To recover, I needed to move out of a place of isolation and reform connections. I also needed professional help. I found a therapist, dietitian, psychiatrist, and therapy group. At age 22, I saw a doctor who diagnosed me with osteoporosis due to the effects of anorexia nervosa.

Throughout the treatment process with eating disorders experts, I learned that in addition to addressing my problems with food head-on, I also needed to better manage my anxiety and the desire to be perfect. The problem with perfection is that it doesn't exist- not with our bodies, not with food, and surely not in the rest of our lives.

Recovery itself is a perfectly imperfect journey. As I forged ahead, falling and standing back up countless times along the way, that self-critical, negative voice, the voice of my eating disorder, grew quiet over time. With continued therapy and support, I fully recovered. And, in the process, I recovered my life—one that I never could have dreamed of.

As an author and speaker, I am able to uniquely combine my two passions, singing and helping people. (The latter is why I had wanted to become a doctor.) In my role as a National Recovery Advocate with Eating Recovery Center's Family Institute, I frequently play my guitar and sing with patients. I also perform at almost all of my speaking engagements.

"You don't need to worry," I often hear when I stumble on my guitar.

Today, I listen to that old, familiar voice inside. I now know that this voice is my intuition, my connection to hope and healing, but I believe it is even more than that.

I believe this voice is God, as that was the only power great enough to get my attention in the middle of the eating disorder nightmare.

Looking back, it is surreal to me that I got derailed from my very focused path to medical school and ended up in Nashville with a guitar that I couldn't even play at the time. It is as if God plucked me out of Texas and dropped me there.

I now believe that the voice of God kept me motivated in recovery, in spite of the fact that I kept falling flat on my face. While a large part of me believed that I would never heal, I learned to tune into that wiser part, although it felt much smaller at the time, that said recovery is possible.

When life gets rough, and it does, I do my best to connect with that deep inner wisdom. Although I am still far from perfect at this, my life is so much better for trying. Even when I simply attempt to tune in, I feel stronger and more fulfilled.

For so long, I just wasn't listening. Are you?

Jenni Schaefer, is the bestselling author of *Life Without Ed*, *Almost Anorexic*, and *Goodbye Ed, Hello Me*. She is a Senior Fellow with The Meadows. Chair, Ambassador Council, National Eating Disorders Association For more information and resources related to eating disorders as well as PTSD, visit [www.jennischaefer.com](http://www.jennischaefer.com).



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by: Randy Boyd

## THE FRUITS OF FORGIVENESS

It's no secret that I was emotionally, physically, spiritually and sexually abused as a child. In fact, the sexual abuse started when I was twelve-years old, and ended when I was seventeen-years old. The emotional and physical abuse continued until I was twenty-years old, at which time I cut all ties with my stepfather Frank (pseudonym.)

Even amongst all the abuse there were times of laughter, joy and fun that would often later be overshadowed by the abuse and chaos, that seemed to be ever present at almost every family gather where my stepfather was involved. You know, it's funny how we tend to grab on to and remember the bad times, and forget the good times. That is until something happens to remind us of some of those good times and people.

While it is true I lost my father and everything I aspired to be when he died, there were a few things I gained, like two stepbrothers, and a stepsister. I also acquired two sisters-in-law that I always loved and respected. Unfortunately when I cut my stepfather out of life, I cut them out of my life as well. It really wasn't intended that way, it just happened. Over the past thirty-five years, plus or minus, I have thought about them often, only to dismiss them by believing they wanted nothing to with me as I was just the outcast stepbrother. Boy was I wrong.

When Cathy and I got married in 1983, my stepfather showed up uninvited to my wedding. Not only did he show up, walking in behind him was one of my nephews. Right away I noticed something different. My nephew was no longer the happy go lucky kid filled with the joy I knew he once had. He walked in with his head hung low; shuffling his feet and shame written all over his face. I looked at my bride and told her – That S.O.B. is molesting my nephew. It was everything I could do not to harm my stepfather, but after all it was our wedding day and a special day for my bride. I did not want tainted with violence. I knew deep inside of me that my suspicions were true that day, and I have never forgotten that moment or doubted my knowing.

If any of you have followed me at all, you know how big I am on forgiveness. It is one of the hardest bridges for a survivor to cross. The three things I avoid telling any survivor is that they need to "forgive, forget, and move on." I rephrase it by saying, "if you want to experience true lasting happiness and freedom, then forgiveness is a must, but it is also a process and you must move on."

It was about two-years into my recovery when I was finally able to fully forgive both my stepfather, and mother. Since that day, I have no longer desired or thought about harming either of them. If you want to know more about what forgiveness is and is not, get my book *Healing The Man Within*, available on Amazon. I dedicated a whole chapter to this subject (chapter 12).

In 2013 my wife found my stepsister on Facebook. My curiosity got the best of me, and I started digging deeper. Eventually I ran across my stepfather, exactly as I remembered him. The comments I read about him were exactly the same I use to hear from people while growing up; "He's such a great guy." He helped me so much." If it wasn't for Frank I wouldn't be where I'm at in life." While these phrases were upsetting to me, I didn't let them drag me back into the role of a victim.

Literally two days after finding my stepfather on Facebook, Frank died due to complications in a gall bladder removal surgery. Once again I went on Facebook and read the comments, only this time the comments were even more adoring towards my stepfather. Again I cringed and thought; If they only knew!

At my next survivors meeting I talked about the chain of events that had happened in regards to my stepfather. One of the men in our group, a man with forty-two years "sobriety," not recovery, asked me; "did you tell everyone on Facebook the animal your stepfather was, and what he did to you?" I was appalled. What right do I have to do this, especially when his family and friends were grieving. Besides, it came to me that my stepfather was that person to all those people. He was their hero; he just wasn't that to me. It was on that day I realized I had fully forgiven my stepfather.

One year later I heard that one of my stepbrothers had died. His wife was one of the sister-in-laws I respected and loved. I sent her condolences from me and my wife, not expecting too hear anything back at all. I was right I didn't, at least not then. On Friday March 23, 2018 my life would take a turn for the better in a way I had not expected in any way.

I received an unexpected message from my sister-in-law saying that she just saw my condolences, three and a half years later. She said that she just now saw the message and was very happy she did. Her and my stepbrother often thought about me and how I was doing. After telling her how wonderful my life is as well as some of the struggles I've had, and letting her know I wrote a book telling everything, she got back to me and said; I have to ask you Randy did Frank molest you?

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## ZEN AND THE ART OF GETTING CLEAN: WORKING ON A CHAIN GANG (Part 2)

*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. Hers 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 two of my interview with Amy:*

**In your book, there is a moment that reminded me of an old Zen story of a monk who, after many years, finally gets his enlightenment, while sweeping the leaves one day, at the sound of a pebble hitting a bamboo tree. Could you talk about your sweeping-the-streets-of-Hollywood insights?**

In one of the many therapies I was in we were taught to, for example, while washing a dish, to not think, to pay attention to the feeling of the warm water, the suds, the plate on your hands. The days on the chain gang felt very long and exhausting and I thought, "If you keep looking at your watch you are going to go berserk, so just stay in the present. Sweep the leaves, Amy. Just sweep the leaves." I also realized that it was just as easy to do a job well as it was to do it badly, to not take a short cut, which I had done my whole life. Then I had a huge epiphany, "This could be the best thing that ever happened to me. Attitude determines everything, so let's change our attitude here." And I did. It gave me a psychic shift like nothing ever had, but I was looking for it too. I'd really hit a bottom.

**An addiction specialist once told me that people from highly affluent backgrounds sometimes lack "inner resources" making it more difficult for them to overcome addiction. Do you think the experience of community labor forced you to tap into your inner resources?**

Absolutely, plus the fact that my parents were out of money, they were also just "done" with me, everyone was. I'd been taken care of my whole life and it stopped—abruptly. I was completely broke, so I tapped into those inner resources of resilience, persistence, and ambition and resolved to dig myself out of that hole.

**You described Valium as "...allowing me to glide through a razor-sharp life." How do you deal with a "razor-sharp life," today?**

It's okay to be uncomfortable, to cry. You don't have to be happy all the time. I used to think my feelings would kill me, and they don't. I thought the way I felt is the way I would feel forever and that's not true either—the feelings pass.

**You wrote, "I feel scared that the quiet despair I fight daily will rise to the surface and overwhelm me." Do you still have that fear today?**

Some days, yes. But, today, I take contrary action. I do the things I need to do no matter how I feel. "I'm feeling depressed? That's interesting. What do I have to do today?" If you base your life on your feelings you are zig-zagging all over the place, you've got no trajectory, you'll never accomplish anything. Even if I'm depressed I'll show up. There's no excuse. "Oh, you're sad? Too bad."

**You wrote about points in your life where, in moments of sheer desperation, you have gotten on your knees and prayed. Do you have a relationship with a, or any type of, "higher power" today?**

Yes. I believe in the universe. I still struggle. There are times I feel it has my back and other times where I drop out of faith and into a lot of fear. I had a "God shot" recently regarding my mother and that really reinforced the feeling that I was being taken care of. There's nothing like that feeling of synchronicity when things line up and it's "Yes, I'm in the right place and the right time. This is no coincidence." Mostly I try and stay thankful and the more grateful I am, the more good things flow into my life.

**You've said, "I don't trust myself...I, more than anyone, make myself feel unsafe." Do you trust yourself today?**

Yes, I do. I've grown a lot. That does not mean I think I know everything but I'm not self-destructive in the way that I used to be and I like who I am today. I couldn't say that five years ago. In general I'm proud of my behavior so yes, I do trust myself.

**You've experienced several rehabs, hospitalizations and pivotal moments in your active addiction. What would you say is the key transformational moment that propelled you into five years of sobriety?**

Honestly, it was the community labor. That was my spiritual awakening. It was losing everything. I really took full responsibility. Even if I did inherit mental illness or a pre-disposition towards addiction I realized that it was mine to fix now, and I really got that, finally. I didn't expect anyone to save me anymore. It was time to save myself.

**You wrote about the junkie's "yearning"... "a living animal trapped inside me, constantly pacing in its cage, ravenous for food, sex, or attention." How do you keep that beast at bay, today?**

I'm more at peace with myself, today; more concerned with helping other people. I don't feel that gnawing that I used to feel and I've learned to nurture myself: to stay connected to other people, and to access my body, whether it's through baths, yoga, massage or stroking my cat.

**You've had multiple active addictions, so severe they nearly killed you, and yet, in January, 2016 you were in Las Vegas—surrounded by people drinking and snorting coke—celebrating three years of sobriety. What had changed?**

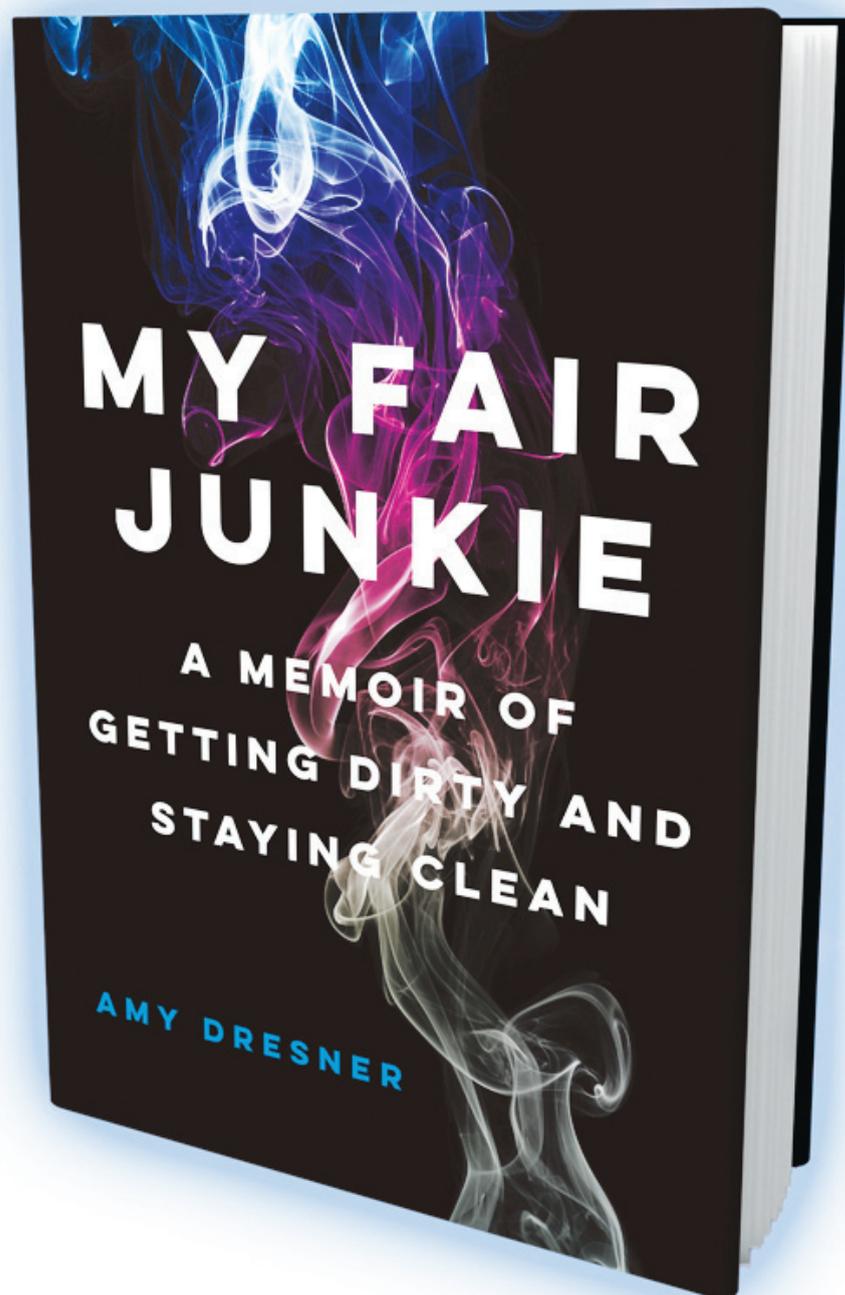
It wasn't an option anymore. I've fully accepted that I'm different from other people. I fought so hard for my sobriety and I felt so low prior to sobriety, nothing is taking this away from me. If I pick up I will either end up dying, in the E.R., in the psych ward, in jail or becoming a newcomer, so why do it?

**What are you grateful for today?**

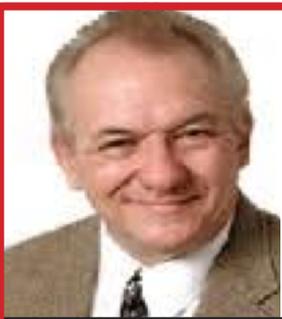
I'm grateful for my resilience, that my parents never abandoned me, and certain friends, who stuck with me through the entire process. I'm grateful for the rehab techs who even when I was out of my mind crazy, newly sober, treated me like the person they knew I could eventually be. I'm grateful for having the opportunity to publish a book, and to take my story, twenty years of terror, self-destruction, pain and humiliation and make it into a tool that inspires people. I've gone from a warning to an example to an inspiration—that's mind blowing. I'm grateful for all those bad experiences because they changed me. They gave me compassion; they humbled me; they made me see my resilience. And, I'm grateful for my cat, Colonel Puff Puff. I'm extremely grateful for The Colonel.

*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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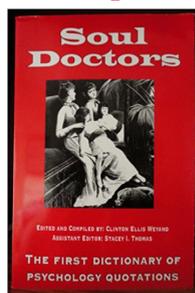
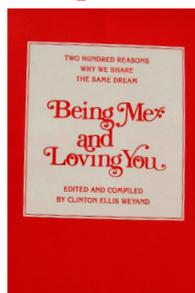
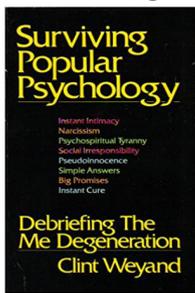
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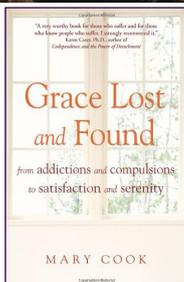
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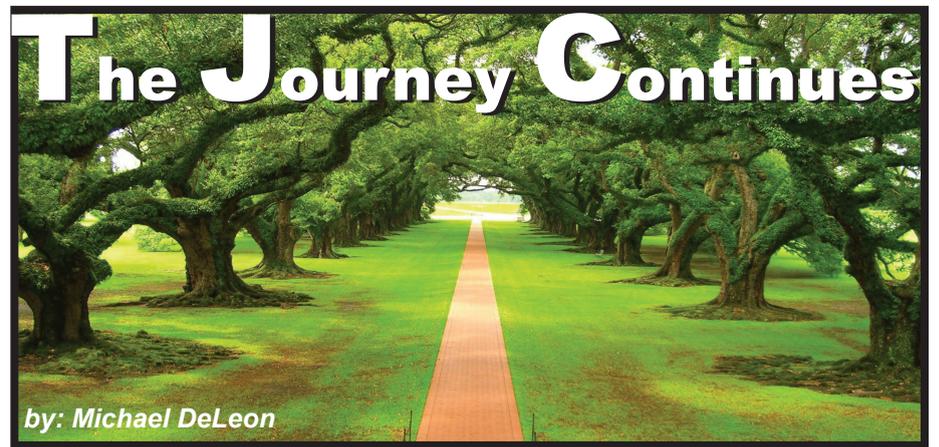
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by: Michael DeLeon

## ADDICTION AMNESIA

Writer and Philosopher George Santayana, is attributed with one of the most famous insights about progress, change and retained experience. He stated, "Those who cannot remember the past are condemned to repeat it."

His famous quote has been repeated, tweaked and challenged on numerous occasions over the years, and it's one of those often-referenced phrases by numerous people, famous and infamous alike. One of the most famous challenges to the quote's logic came from Socialist and novelist Kurt Vonnegut where he stated, "I've got news for Mr. Santayana: we're doomed to repeat the past no matter what. That's what it is to be alive."

Whether Mr. Vonnegut is correct or not, you must consider the importance of learning from the past. If we cannot remember the lessons we learned, or worse yet, if we ignore those lessons, then it likely puts us in a position to learn those mistakes again. Why re-learn lessons that are already learned? Why go through havoc when havoc already taught us what we could've avoided in the first place? Why learn from our mistakes, and then subject ourselves to the same lessons? That doesn't seem too logical to me. It certainly doesn't make sense when it comes to addiction.

I don't agree with Mr. Vonnegut. I believe that, "to be alive" as he put it is to live a life where I don't have to learn the same lessons over and repeatedly. This concept has presented itself to me in more prevalent ways over the past few months. As America's addiction pandemic worsens and the societal cost increases, I see more and more people that have amassed years in Recovery from addiction, lose their life to a relapse. Many people are left puzzled, completely devastated, asking the question, "Why?" Relapse after years of Recovery just doesn't make sense to me, and the only answer I've been able to come up with is that people in Recovery from Addiction fail to remember the horrors of that addiction, and the relapse is no longer a lesson. I call it "Addiction Amnesia" – forgetting the horrors of addiction and relapsing in that addiction. "Those who cannot remember the past are condemned to repeat it." In today's pandemic, that relapse increasingly means DEATH!

My 3rd Grade teacher once told me that, "there was no education in the second kick of a mule". I didn't understand the saying at the time, but years later, it came back to me with full understanding. She was a teacher, but she was the wife of a farmer. They had a big farm with lots of animals, and they had a few mules. When you are around a mule, you learn pretty quickly where you should and should not stand. Standing directly behind that mule is often a bad place to be. When that mule kicks you with his hind leg, it is a very painful experience. If after that, you get kicked again, there's no new education. You just didn't learn anything the first time.

That advice has always stuck with me through my adult life. It has sometimes come up in my mind as a reflection, after "getting kicked" a second time in life. Making the same mistake repeatedly really makes little sense. As a conscious, educated adult, I shouldn't have to learn the same lesson multiple times. In today's addiction pandemic, there are a plethora of people who profess to understand addiction, and further yet, claim to understand how to solve it. Relapse is one of those phenomena where many people weigh in to try to explain why it happens, and further yet, how to prevent it from happening again. Synthetic chemicals and fentanyl are changing the outcome of much of the relapse repetition, because more and more of the relapses taking place in America are literally ending people's lives. More and more people are literally losing any possible second chance to come back from a relapse. The expression, "One more time" is starting to take literal hold, and people die from that one more time. We must understand that to prevent ourselves from losing our lives, we can no longer accept this new-age trend that relapse is part of recovery. It doesn't have to be, and in this day and age, it can't. A relapse might be the end of not only our Recovery, but our Life.

"Addiction Amnesia" can be deadly. We MUST remember the horrors and downside of addiction, and never forget the lessons of that stage in our lives. We can never forget what we put ourselves through and beyond that, what we put our families through. We can never forget what we lost, and in our Recovery, what we gained.

Many people live by the adage, "Forget the past, don't worry about the future, live in the present". While I embrace the premise of the saying, I don't believe it applies to every aspect of life, especially Recovery. Far too many of us live life defined by the choices we made in the past, by our addiction. This shouldn't be the case. Each new day presents opportunity to become a new person on a new road, destined for a new future. But completely forgetting the past, that is a huge mistake.

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## COINS OF CODEPENDENCY

Have you ever heard the saying "two sides of the same coin?" It means that there is one experience occurring, seemingly with two sides. However, if you really look at the root of either side you will find something similar. The other part that is important to remember is that one side cannot operate without the other. In this article, I want to specifically address three coins of codependent behavior that are not uncommon in the world of recovery.

One of the most common dynamics of codependency found in and out of recovery is the dynamic of the Alanon and the alcoholic/addict. One usually does not operate without the other, and these two ways of being have an interesting way of always finding one another. This dynamic can play out between spouses, between parents and children, brothers and sisters, and friends. The Alanon will always find an alcoholic/addict and the addict/alcoholic will always find an untreated Alanon. The dance between the two keep both people spiritually sick.

The second coin is more specific to love addiction. One side is love avoidance, and the other side is love addiction. Again, they operate in accordance with one another. One person really wants to be with the other person, and the other person is not that interested. One person is chasing, and the other person is running away.

Usually, the person who is more on the love addict side will ask themselves questions like "why do I always pick unavailable people?" The truth is that available people do not seek unavailable people. We chase unavailable people because there's no risk of ever having to be vulnerable. Ultimately both sides of this coin are operating from love avoidance, it just feels like a different experience.

The third coin is the narcissism-codependency coin. Every narcissist needs a severe codependent in order to have any power. This makes the narcissist also codependent although it may not appear that way because the narcissist is dominating the experience.

What does this mean and why is it important? It's important to recognize that there are always two roles being played out in any dysfunctional relationship. Sometimes it's easy to point the finger at someone else and say why it's more their fault than it is our fault. What I would like everyone to consider is that no one is necessarily at fault, yet everyone is responsible. When we operate from any of these constructs, we are coming from a place of unconscious conditioning in terms of relationships.

If you look at any of these dynamics - you will see that all of them operate under the umbrella of one coin which is the victim/perpetrator coin. Ask any untreated Alanon what the problem is, and they will tell you it's the alcoholic. Chances are, they will have a list of all the things the alcoholic has done to them. Ask any love addict what the problem is, and they will tell you that the other person's avoidance is what's causing the problem. Ask any codependent what the problem is, and they will tell you how unfairly they have been treated by the narcissist. All cases will have an abundant supply of evidence to back up the rightness of the view. However, if we continue to build evidence as to why it's the other person we continue to allow ourselves to be victimized. At that point, it would be wise to investigate what we truly are the victims of. The answer will always be - our own consciousness. The root of all of these coins is fear.

The reality for us is that we have each played out all six sides of these coins, and are susceptible to becoming any one of them the moment connection to source is lost. When we lose our connection to dependency upon higher power we fall prey to the illusion that our dependency is upon another human being. This immediately produces fear, and fear produces the desire for control. Once having gone beyond desire into the pursuit of control, we get ourselves into some serious trouble!

So what is the solution? The solution is a spiritual one. The solution is to continue to nurture the God place within each one of us that knows that our dependency is upon nothing of the world - including (maybe especially) humans. The more that we go in, and remember the truth about who we are and what we are connected to, the more we will break out of these old paradigms and operate from places other than these coins of codependency.

It's so awesome to know that when we let go of our addiction to something that keeps us small, we allow ourselves to be available to something so much more prosperous and abundant than we ever could've imagined. When we give up our coins we will receive large bills in return. Wouldn't you rather show up at the bank with a stack of hundreds then a roll of quarters? That's what we get when we start to release ourselves from the slavery to our own addictive patterns. The key is to remember that we are the ones holding ourselves hostage and that no one else is responsible for our transformation in this area, or any area.

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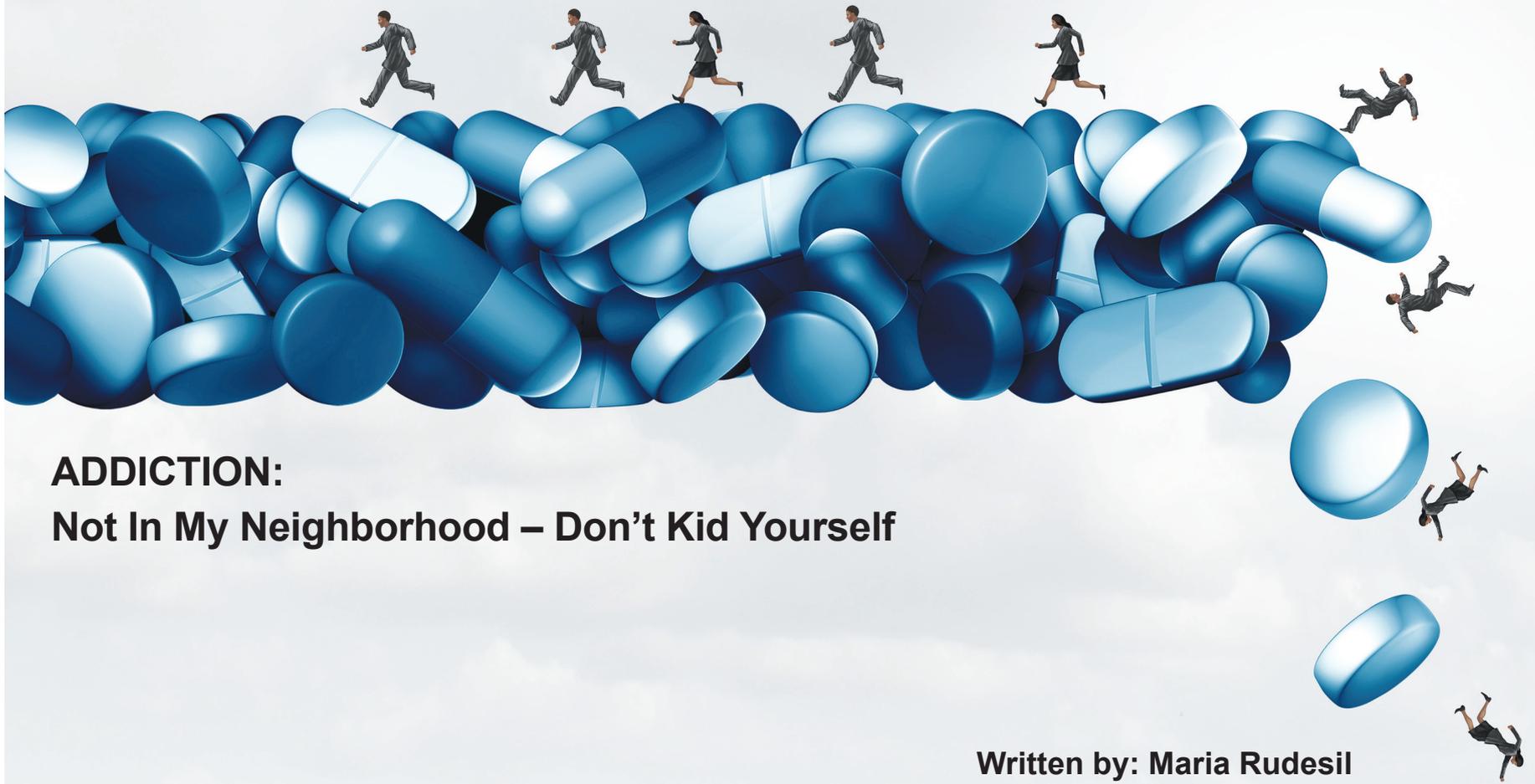
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# WE CAN'T OUTRUN ADDICTION



## ADDICTION: Not In My Neighborhood – Don't Kid Yourself

Written by: Maria Rudesil

*When we sanitize the shocking, we can end up not letting people know the extreme measures our children and grandchildren are taking to get high.*

*Some advocates and speakers with valuable information end up feeling frustrated and stymied when they can't be as forthcoming as they would like to help people understand the epidemic of addiction. - Marilyn L. Davis*

*This article was originally on [www.fromaddict2advocate.com](http://www.fromaddict2advocate.com)*

**Addiction is on Main Street:** I can remember when it was appalling to think of an individual inserting a needle into their arm to get high. We thought that was the epitome of desperation. Recently, our children and grandchildren have found even more reckless and dangerous ways to get high, and if we are not forthcoming with this information, many parents and grandparents won't understand the extreme, and sometimes, undetectable ways our loved ones are using.

In recent years, I have been speaking to families and children that are, or have been affected by addiction. Much of my motive stems from losing my father to heroin. I understand the heartbreak, frustrations, fears and anger of families.

Therefore, I speak at schools, seminars, meetings or wherever I can to educate about this epidemic that is killing our loved ones. With an estimated 23.7 million people addicted to drugs and alcohol, that's a population equal to the state of Texas. Of this population, only one in ten receives treatment, leaving more than 20 million people under-served. This is a staggering number.

**Addiction Education; Not Enough and Not Always Accurate:** Recently, I was at a local high school speaking to families and their children about this epidemic. This specific seminar was based on Heroin and what other substances that lead up to heroin use. Now, don't get me wrong, it was a very well done presentation. Besides myself, our District Attorney, Detective Chris Kohl, Waukesha Co. Drug Force Unit, Dr. Chris Drosdick, Medical College of Wisconsin and families that either lost a loved one to addiction, or have a loved one in recovery were also there to speak.

There are a few things regarding these presentations that frustrate me. I know there must be a time limit set for the presentation as a whole, and a time limit for each speaker. The problem with this is that there is so much information to give, that each subject that gets touched on is shortened and the families aren't able to get the full spectrum.

In these presentations, we are also limited and restricted as to what we can talk about. I personally feel there should be no restrictions due to the fact that parents need to know the raw truth about what is available, and what our teenagers are really doing. I believe that addiction does not discriminate and you never know when it can come knocking at your door.

**It Can't Be Addiction, It's Just Pot:** High schools everywhere, from the poorest of neighborhoods to the richest. Again, addiction does not discriminate. Some of these things will be hard to read. You will probably need a minute to process these things. Again, it is the raw truth, and if no one takes the time to educate the public, the numbers of addicted teenagers will continue to grow and overdoses will happen more frequently.

No one knows what they are really buying from dealers. Our children think they are just buying old school marijuana. They don't know if it's synthetic or laced with another drug.

Yes, they will tell you in a heartbeat how they know the difference. They will tell you they can tell just by looking at it. Well, you can't.

The pills out there now are being made to look like one pill when actually it's something completely different, most likely more potent. Pills are being made to look like kid's vitamins. Pills are being coated with other substances or chemicals.

Afghanistan is now the largest producer of heroin. By the time it gets from there to Chicago, to my home state of Wisconsin, it will be cut to increase quantity, and therefore, sales of the product on the streets. Part of the problem today is that no one knows what is used to increase the quantity. It may be baby powder, rat poison, sleeping pills or Fentanyl. All deadly combinations.

I think that families find false comfort in the term, "on the streets", because if their children don't live on the streets, their children are safe. The reality is that, they may not be living on the streets, but they are visiting with increasing frequency.

Our children know exactly which streets to frequent to find drugs.

Even when they aren't frequenting the streets, kids are finding ways at home to be more reckless and devious at the same time.

It comes down to the desperation and cheapest way to get high.

1. Females and males will soak a tampon in alcohol and insert it into their rectum to get an instant high. They also do this because you cannot smell any alcohol coming from them.

2. Another way of getting high is called "Butt Chugging." This is where someone will do a headstand against a wall and another person will insert the tip of a cough syrup bottle into their rectum and fill it with the cough syrup, or use flexible tubing.

3. They are filling up water bottles with vodka, mixing it with soda and drinking it.

4. They will also soak gummy bears or worms in alcohol and eat them.

5. They are drinking hand sanitizer.

**Desperation is Sometimes Depression:** I also like to touch on the subject of Mental Health. This is another subject that many people don't want to hear about or discuss, especially when it comes to their children. Today, children have many more pressures than we did. Parents have to be more aware of their children's actions or non-actions.

We as parents just can't say, "Oh, it's just a phase," or "They're just teenagers."

Yes, in some cases it is just that simple. However, depression and anxiety are real and are seen more and more in our children. I feel when it comes to drugs and alcohol with children, it is not just experimenting, or peer pressure anymore. Children are turning to drugs and alcohol to try and cover up the pain they are feeling inside. They are trying to numb what they don't even understand they are going through. And we need to be mindful that teenagers might exhibit different behaviors and symptoms than adults when they are depressed. Some of the differences are:

- More angry outbursts rather than sadness.
- Extreme sensitivity to criticism.
- Withdrawing from some, but not all people.
- Aches and pains with no diagnosed physical ailment.

**What Can We Do?** Narcan will also be talked about briefly at these seminars. There needs to be more information on Narcan. There are free educational classes offered in some states. My question is, how many people actually attend them. Now that it is being sold over the counter, anyone can buy it.

Often Pharmacists do not give any instructions, or give any information on where to get educated. The Pharmacist hands the box that contains minimal instructions to the person. I have spoken with people regarding their knowledge on Narcan. It is sad to me because the majority of people responding are misinformed.

Narcan does not take the drugs out of the person who is overdosing. Narcan blocks the effects of opioids and reverses the overdose. It should also be known that if the person in the state of the overdose does not start to wake up after 5 minutes, that another dose should be administered. The requirement for repeat doses of NARCAN (naloxone) will also be dependent upon the amount, type and route of administration of the opioid being antagonized.

Narcan typically wears off in 30-90 minutes, and the person can stop breathing again.

911 should ALWAYS be called when Narcan is being administered no matter if they wake back up or not. There is always a possibility for the person to still overdose after Narcan has been administered.

There was a commercial on television years ago that asked parents if they knew where their kids were. Today, we can install devices that monitor their driving speeds and whereabouts. Parents can set limits and receive a text or email if their children are driving too fast, or in particular neighborhoods.

Too many parents and grandparents get a prescription for pain medications for a legitimate physical injury. When they do not take all of their prescriptions, they simply put the bottle in the medicine cabinet for, "in case".

Unfortunately, kids will steal this unused medication and either use it or sell. The most common drugs are:

- Narcotics
- Ritalin
- Tranquilizers
- Sleep Aids
- Cough Medications

Talk to your children and if you suspect that their behaviors are different, don't be afraid to talk about the changes.

Get an assessment. Kids will sometimes open up to a stranger faster than they do their parents or siblings. A good therapist can help your child with their feelings and offer guidance to parents as well.

We can and will do something about this epidemic if we continue to recognize it, take remedial measures and require our states to make treatment available.

*Maria Rudesil: is very passionate about addiction and recovery. As an adult child of two addicted parents, she knows firsthand the harm that drugs and alcohol can do. She is also mindful that addiction runs rampant in her family. After losing her father to his addiction, Maria felt it was time to take things a step further. Seeing how her story was touching others, she decided this was her real passion in life.*

*Maria also started reaching out where she lived, and started being an advocate for addicts. Maria does public speaking in the schools, meetings, wherever she can to educate adults and children about addiction, and what the new trends are options for treatment and recovery.*

*Maria specializes as an Outreach Coordinator, NCRC (Nationally Certified Recovery Coach), and in Intervention. She works with the law enforcement, governors, and city officials. She helped a neighboring city get a law changed. Instead of sentencing addicts to jail, they will be sentenced to treatment. [www.blogger.com/null](http://www.blogger.com/null)*



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by: Robert L. Hobbs

## TRAUMATIC STRESS: THE EARLY DAYS

*Tips and Guidance for Those who will Suffer from Traumatic Stress Following a Traumatic Life Event*  
 In the aftermath of recent mass shootings, I am painfully reminded of the early days that followed my own traumatic stress event. It has been four years since my son's overdose and apparent death, and today, just days after the shooting at Youtube, I am again emotionally disoriented.

There are thousands of trauma survivors who are subject to PTSD, a mental disorder that they did not ask for and have no idea how to fight. In fact, fighting it often makes it worse. I honestly believe that based on my own experience with traumatic stress, those who were killed in the traumatic event may be the lucky ones; 15% of trauma survivors will suffer indescribable mental, emotional, and physical anguish as a result of what they witnessed. This suffering will continue for years - even decades as the survivors' physiology adapts to what it perceives to be a clear and present danger.

Of course, the danger is not clear and is certainly not present. But the self-preservation and personal survival mechanisms of the human being will be on high alert regardless. This will happen without the conscious awareness or consent of the survivors. Their brains and central nervous systems are physically changing in order to survive. The threat to that survival, of course - is only in their heads.

Friends and loved ones will continuously suggest and eventually even demand that the trauma survivors "get over it", and "you have to move on."

85% of the survivors will do exactly this - but 15% will not - despite the fact that they want nothing more than to feel normal again. In fact, because the physiological changes are already underway, there is no chance that these 15% "will get past this."

Does this mean that they are forever to suffer with the stress of the trauma?

Maybe. I am four years in, and still working hard to find the proverbial "light at the end of the tunnel."

For now, it is best that all trauma survivors mourn the tragic losses they have witnessed, and seek professional help for the support that they all need over the next few months. 85% will then return to normal everyday life with few, if any, markers of traumatic stress. The remainder, however will continue to inexplicably suffer, much to the chagrin of their families, friends, employers, and unfortunately even their healthcare providers in some cases.

I am not a doctor - I am only a traumatic stress survivor (so far). I am fortunate that my executive assistant insisted that I seek treatment. If it wasn't for her - I would not have survived as long as I have. By writing this and subsequent articles, I am hopefully "paying forward" her loving compassion to my PTSD brothers and sisters.

To my new brothers and sisters, I can only insist that you seek psychiatric help immediately, and that you follow their professional guidance with little objection. It would be best to work with a professional who has experience with trauma survivors - if none are available, find a person you trust - and begin the work. Time will not ease the suffering; with suffering like ours - there is no dimension of "time."

There are four primary pillars to initial recovery:

- 1) Psychiatry and Medication
- 2) Psychology and Therapy
- 3) Mindfulness, Meditation, and Yoga
- 4) Social Support and Activity

Why start with psychiatry instead of psychology or therapy? Because if traumatic stress is the issue, then medication will be required to help compensate for the physiological changes that have already begun in your brain. Your chemistry has changed - without meds psychological work will not amount to much more than a lot of bills, and friends and family impatiently wondering what's taking so long. I am not a big fan of medication, but in the case of traumatic stress, there is no way around it if you desire to feel better.

The meds will take some time to have an impact, and your doctor will adjust your dose and the combinations of medication overtime, while monitoring your progress. Meanwhile, you should be spending time working with a therapist. Hopefully, your psychiatrist will give you a great referral to a professional therapist with experience in trauma. The psychological work is hard - you may find yourself sitting in the parking lot before therapy - terrified to go in because of what you may have to endure in therapy. If so - take someone with you to make sure you get in and out safely.

At some point in your healing you will have to learn mindfulness. It is simply "awareness on purpose", and should at some point be integrated with meditation and yoga. These exercises or practices are as essential to your recovery, as are medicine and therapy. The extent that these ideas are implemented or helpful relative to the other remedies, varies widely by the person and the type of traumatic event. Regardless, being fully present, "on-demand", is an extremely helpful skill that can be developed via mindfulness, yoga, and meditation.

Con't Page 22

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## MY GAMBLING ADDICTION: WAS IT MY CHOICE?

*"I surely didn't wake up one day and choose to devastate my life and my husbands' life, and become an addicted gambler." ~Author, Catherine Townsend-Lyon*

Recently I read a few comments on Twitter after I tweeted about my gambling addiction, and maintaining recovery. It was also about living in the "now", and a well-balanced recovery journey. There are many myths and misconceptions about this disease, the silent killer, and underground addiction. One misconception was, I chose to become an addict. Really? Did I decide to devastate my life for a few hours of addicted gambling? Did I choose to bankrupt my husband and me financially? Did I want to end my life by choice because I was hopelessly addicted? No! Gambling addiction is real and is a real disease. It is the #1 addiction claiming lives by suicide over all other addictions. Currently, 2.9% of the population are Problem Gamblers. It is now "touching" our seniors, high school, and college-age kids.

When I began Gamblers Anonymous meetings, I'd hear others say; "Hate the addiction, not the addict." We are dealing with an illness and tricky beast. That is true with all types of addictions. As Robin Williams was quoted back in the mid 80's about addiction and recovery; "There's no shame in failing. The only shame is not giving things your best shot." That is what we need to do when coming out of treatment, and are beginning our new path away from addiction. We need to look for other ways to replace the time spent gambling, using drugs and alcohol. Robin Williams also said; "It's [addiction] — not caused by anything, it's just there. It waits. It lays in wait for the time when you think, 'It's fine now, I'm OK.' Then, the next thing you know, it's not OK."

Now, this could not be truer when I look back at my early recovery. We are so broken and riddled with many triggers and urges starting the path called "recovery". We have no way of knowing how to take charge and own it. Owning one's recovery, in my opinion, is being real, being honest, and transparent of the good and mostly all the bad. Bad behaviors, choices, and habits we learned as an addict. But when you "Own Your Recovery" and begin the process of learning why, and the "inner work", you begin to change. You begin to forgive yourself for those "poor choices" you had made. You start to accept the consequences, accountability, and responsibility for those choices and actions. You begin to learn and look for some of those "underlying roots" that had you in bondage, and attached to your addiction.

Now, most 12-Step programs teach us we can recover without knowing why we turned to addiction in the first place. I am not a firm believer of this. WHY? Because, if we don't know and learn to work through those issues, how do we begin a steady, healthy, and happy life maintaining recovery? How do we move forward, and become fulfilled and productive people? See, we will be "a work in process" for the rest of our lives, many get scared or feel it will be an impossible task, and easier to be an addict than to have their lives back. That is a significant roadblock for many recovering. We are dealing with a "Disease." So back to my Twitter comments. I have had a few remarks like, "addicts make a choice to be addicts".

Other people commented - "I make a 'choice' every day, and to say it's a disease minimizes people who suffer from real diseases like Alzheimer's or cancer (WHAT? Really?)."

On the other hand, I know that when I gambled, I lost the control and ability to stop, and kept gambling and gambling on slots! That is how gambling addiction is described by "The National Council on Problem Gambling", and knowing we have crossed the line into uncontrolled gambling. My friends at The National Council on Problem Gambling says; "Gambling addiction—is an impulse-control disorder. If you're a compulsive gambler, you can't control the impulse to gamble, even when it has negative consequences for you or your loved ones. And I know first hand that this is true as it happened to me. No, I didn't come from a background or a family who were gamblers. I was a normal gambler until I began to use it as an "escape, to numb out, and not feel my past childhood trauma" which came back out of nowhere. So was it "my choice" to become a gambling addict? No.

To begin and maintain recovery is not easy. The first thing to do is reach out for help. There is no shame in doing so. And you can remain anonymous. When you do, become educated about the "cycle" of this disease, and learn ways to interrupt the cycle. A sponsor, counselor, therapist, or recovery coach can help you achieve this. Read as much as you can about this addiction, and make and have a solid 'relapse plan, and phone list' to use for those "triggers and urges" in early recovery. The longer you refrain from gambling, the less they will become. Start a journal. Journaling helps to relieve stress and anxiety. You can then use your journaling later. You can look back in your journals; you'll see where you need more work, or can see your strengths, either way, these are some ideas to help you "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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# MAY Events

**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.

**WEEKLY BREATHWORK SUPPORT GROUP:** The Recovery Circle. Check [www.breathworkforrecovery.com](http://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.

**SATURDAYS, 1:30 - 2:30 P.M.:** LifeRing Secular Recovery, at Café. Tropical, 2900 W. Sunset Bl., Los Angeles, California, 90026. Email: [christopherjohn\\_smith@yahoo.com](mailto:christopherjohn_smith@yahoo.com).

**SATURDAY MORNINGS:** New CEA-HOW Gratitude Meeting, 10am, to 11am, 17751 Sherman Way, Reseda, California. Reseda Meeting Hall Suites 3 & 4. Studying the 12 Steps and 12 Traditions. Please bring your 12 & 12 book. For more info call Bryce at (818) 621-2130.

**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

**FRIDAY JUNE 1, 2 & 3, 2018:** Woman to Woman, Caring & Sharing Weekend For Sober Alcoholic Women at Mount St. Mary's College, Chalon Campus in Brentwood, California. [www.womantowomanla.org](http://www.womantowomanla.org)

**AUGUST 17-19 2018:** "A Search for Serenity" 15th Annual Mountain AA Conference; (with Al-Anon Participation). Big Bear Performing Arts Center, 38707 Big Bear Blvd., Big Bear Lake, California, 92315. [www.MountainAAConference.com](http://www.MountainAAConference.com)

**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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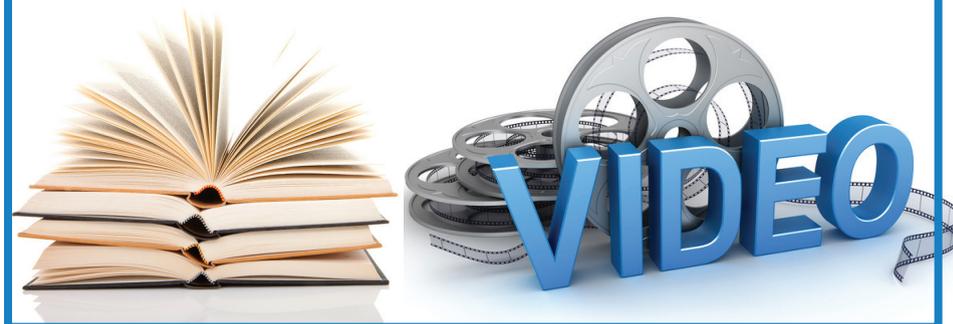
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# Book & Video Reviews

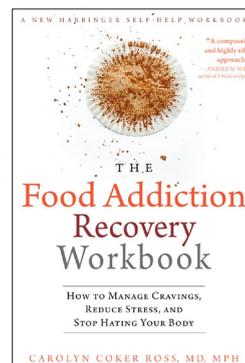


**THE FOOD ADDICTION RECOVERY WORKBOOK, How to manage Cravings, Reduce Stress, and Hating Your Body.** Author Carolyn Coker Ross, MD, MPH. Published by New Harbinger Publications, Inc.

This workbook confronts the fact that many of us are habit eaters, we have the bad habit of eating what we like to often. Many of us feel we may be addicted to food. It seems that with so many addictions out there, we feel if we think or say we are addicted to food that it gives us a reason to eat whatever we want, whenever we want and it isn't our fault; "We are Addicted". She explains that if our body is addicted, of sorts, we should see a doctor, because it could well be just a chemical imbalance, and with the right vitamins we will eliminate these cravings.

Again, Carolyn Ross has put her heart into writing this workbook. She wakes us up, she gives us timely questions designed to help us see why we eat what we eat. This workbook enhances mindful awareness. When we use our mind, we make better choices as to what to eat and when. She helps us stop and think before we eat. In this workbook she offers a compassionate and highly effective approach to treating individuals with these problems. She offers both expertise and hope in showing us possibilities for transformation, and healing at the deepest levels.

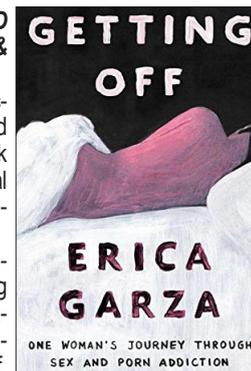
We all must eat to stay alive, and she knows how to explain things in an easy to understand way, letting us know we are okay and we can eat foods that are good for us without overeating, and without feeling guilty. Carolyn helps you be honest with yourself; READ and USE this workbook it will help you identify the reason, therefore helping you control your eating. This book is available at Amazon.com



**GETTING OFF: ONE WOMAN'S JOURNEY THROUGH SEX AND PORN ADDICTION.** Written by Erica Garza. Published by Simon & Schuster.

This is a book that is rare and very informative from the unique perspective of a woman. While reading Erica's book I realized that society has had a one-sided view of porn and sex addiction. Within the pages of this book the stigma of men solely being the ones imprisoned within their own sexual confines, is fearlessly explained to be quite different then what has been considered socially for decades.

Erica takes us along the different pathways that lead her to the compulsions, which left her susceptible and emotionally withdrawn. No longer having a sexual urge for intimate relationships with men, Erica obtained self-gratification through other avenues. Her's is a story of courage, perseverance, and triumph over the addictions that held her back from loving and forgiving herself. Erica is a remarkable example of fortitude, and the inner desire to become balanced mentally, emotionally, sexually, and spiritually. Her story is a testimony to all who have conflicting feelings of self-identity, the freedom that Erica has experienced since her recovery is inspiring to us all. The strength that she exhibits is admirable, I for one truly appreciate that she took pen to paper to show us there are possible solutions to whatever ills us. This book is one that helps to give us new perspectives, allowing our minds to become more open to the different forms of mental enslavement. Available at Amazon.com



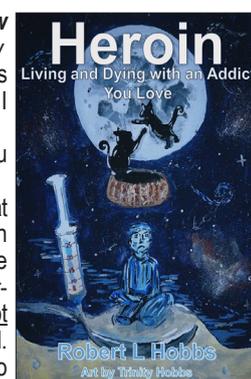
**HEROIN - LIVING AND DYING WITH AN ADDICT YOU LOVE: How to Survive when Everyone Dies.** Written by Robert L. Hobbs. Published by

This book both broke and healed my heart. The way Robert tells his story, makes the reader feel as if we are right next to him during his journey. I could literally feel his pain and sorrow, his confusion and his anger.

This book is so much more than one man telling his story, and giving you hope that you can survive "living with an addict you love".

Hobbs give us a clear cut PLAN OF ACTION, and lets you know that you need one, it could save the life of the addict you love. He breaks down everything he can, including what Heroin is, how it can be used, what are the signs of use, and who is at risk of becoming a Heroin Addict - anyone is vulnerable to become addicted. The best advice he gives, is to get out of the "Not My Child" club, the membership fees alone may cost you the life of your child.

Robert also includes a chart of step by step instructions, of what to do when you find someone who has overdosed. He speaks from experience which he shares in this book. There is no judgement, just facts, plans and experience. Once you have admitted that you are dealing with an addict, he outlines what to expect, and to be ready with a treatment plan. I think everyone should read this book, because at sometime in our life we - or someone we know - will need what is in this book. Someone told me she had to stop reading the book because it reminded her of her own situation...my advice is to FACE it, READ it, and perhaps you too can RECOVER. As Robert says, Remember - You are not alone; you are never alone. Available at [www.Amazon.com](http://www.Amazon.com).



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## 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: \_\_\_\_\_

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

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

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

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

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

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

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

For more information visit  
[www.KeysToRecoveryNewspaper.com](http://www.KeysToRecoveryNewspaper.com)

## DISTRIBUTION INFORMATION:

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

- 12 Step Alano Clubs
- 12 Step Meeting Halls / Central Offices
- Bail Bonds
- Churches
- Clinical Professionals
- Coffee Shops
- 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.

**COMMUNITY REFLECTIONS INC.:** Prison Outreach, Homeless & Veteran Care, LiveScan, Pop 47, Legal Services, Etc. 10020 S. Western Ave., Los Angeles, CA 90047 (323) 674-4376

**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) 522-4700.

**LifeRing Secular Recovery,** Lifering.org, (800) 811-4142

**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.siaawso.org

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

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

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

**EMERGENCY HEALTH & MENTAL SERVICES**

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

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

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

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

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

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

**HARBOR RECUPERATIVE CARE** (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 Saticoy 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](http://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](http://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](http://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](http://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](http://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](http://www.jenesse.org) (323) 299-9496.

**Jewish Family Service** of Los Angeles/ Family Violence Project/ Tamar House [www.jewishla.org](http://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](http://www.scadp.org) (562) 949-5358.

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

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://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](http://www.elawe.org)

**S.A.F.E LA** [www.safela.org/rape-and-sexual-assault](http://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](http://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](http://www.teenlineonline.org)

## HEP C / HIV / AIDS INFORMATION

**AIDS Project Los Angeles** - APLA, Los Angeles - **HEP C - APLA**, [www.apla.org](http://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](http://www.hepchope.com) Hotline (844) 443-7246

**On-Line Resources for Hep C**: [www.hepcsource.com](http://www.hepcsource.com) • [www.hepnet.com](http://www.hepnet.com) • [www.harvoni.com](http://www.harvoni.com) • [www.theliverinstitute.org](http://www.theliverinstitute.org) • [www.hepctreatmentlosangeles.com](http://www.hepctreatmentlosangeles.com)

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

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She then proceeded to tell me that Frank had molested her son and my nephew. Unfortunately, I was right 35 years ago, and another man is struggling to survive and live the life he deserves because of it.

Here's the great news and the fruits of forgiveness. First, had I of been vindictive when Frank died and tore him a part on Facebook, the conversation between my sister-in-law and I would have never happened. Thus my nephew would never of received the phone call from me, that I am certain will be the beginning of his healing journey.

Here's the best gift of all, I recently met with my sister-in-law for four hours. She was happy to see me, as I was her, and she has missed me so much. We are reuniting and becoming a family again. I will be meeting with my other sister-in-law I loved and respected, along with the one I have already reunited with, and I can only imagine what that will be like. I've been told she misses me and always wondered about me as well. I have never had any siblings like this, especially sisters, and I am so excited to have them back in my life.

For myself, I am overwhelmed with joy, happiness, and excitement. I did not realize how much I missed these two until this encounter. Survivors are real good at stuffing their feelings, and I found feelings this week I never knew I had. Only one person could ordain this whole string of events, GOD. If I had not forgiven Frank, had I still been holding on to resentment and bitterness, none of this would have happened. We must forgive and we must move on, however we will never forget.

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



When you simply forget the past, you miss out on its fullest potential. I believe you forget the understanding of your strength, and the respect of your weaknesses. I believe we lose sight of the purpose we have found, and the causes we've embraced through our struggles. I believe we forget those environments that threaten us, and the toxicity of the relationships brought us harm. I believe we forget the temptations that trip us, and the pursuits that distracted us. I believe we return to the habits that harmed us, if we fail to remember them.

In Recovery, we cannot forget the past, we must learn from it. We can learn from it by asking the right questions. There are life-giving lessons we can learn from the lessons of our past. We can never define ourselves by our past, but it would be very sad, and possibly deadly, to forget our past completely when it offers so much potential for our life, and our future.

*Michael DeLeon is the founder and powerhouse behind Steered Straight Inc., a non-profit organization formed in 2000 and designed to carry an important message to youth on the extreme dangers of drugs, gang involvement and associated criminal activity. Steered Straight's program reaches out to children, teens and young adults with a message of reality about life-choices and the importance of consequential thinking so that they understand that there are consequences to their actions. Call (856) 691-6676*



We are the ones we've been waiting for. We make a decision, and we allow for a power far greater than ourselves to guide us on a journey that becomes so magical and healing. When we move out of this old addicted paradigm into freedom what becomes available is true connection, vulnerability, and intimacy. It's the real deal, and it's powerful.

Love only, Rudy and Kelly Castro

*Conscious Partnership Coaching 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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The fourth pillar to recovery is social support and activity. The support of your family, friends, employer, and spiritual community has never been more critical. The other three pillars can work perfectly well in your favor - but if this fourth pillar is lagging, recovery will be extremely difficult if not impossible. Be proactive in getting your closest loved ones involved in your recovery program. They must learn early on that there is no quick fix for your situation, and that you have no control over the timing of your recovery. Most traumatic event survivors have already recovered. You haven't and you won't for some time. It is only natural for your friends and family to question why your recovery is taking so long. Let them question, but let them do so with the professionals who are helping you. There is enough going on in your life - you don't need to be burdened with fulfilling the ignorant, yet well-meaning expectations of others. Focus on your recovery and on feeling better - your loved ones can focus on understanding your unfortunate condition.

As you progress in your treatment and your ongoing recovery - you will learn to expand your focus and understanding. Additional sources of spiritual support, social therapies such as canine and equine, and a varying combination of meds and therapies will arise as your program advances. Always be vigilant of what is offered and why, but always be open to the professional, experienced advice of your psychiatrist and therapist.

A good question now might be: "How will I know if I am in the 85% who recover naturally or 15% who will deal with PTSD?" My answer is "You'll know."

If after 30 days, you have not returned to near normal state, you'll know and those close to you will know also. I pray for your return to living well.

*Robert Hobbs, BCC, MBA, Addiction and Trauma Coach, Contributing Writer at Keys to Recovery Newspaper, Best Selling Author, Heroin - Living and Dying with an Addict You Love, and Founder of The Sandalwood Wellness Center, LLC. Email Robert with comments at bob.hobbs@sandalwoodwellness.com*

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