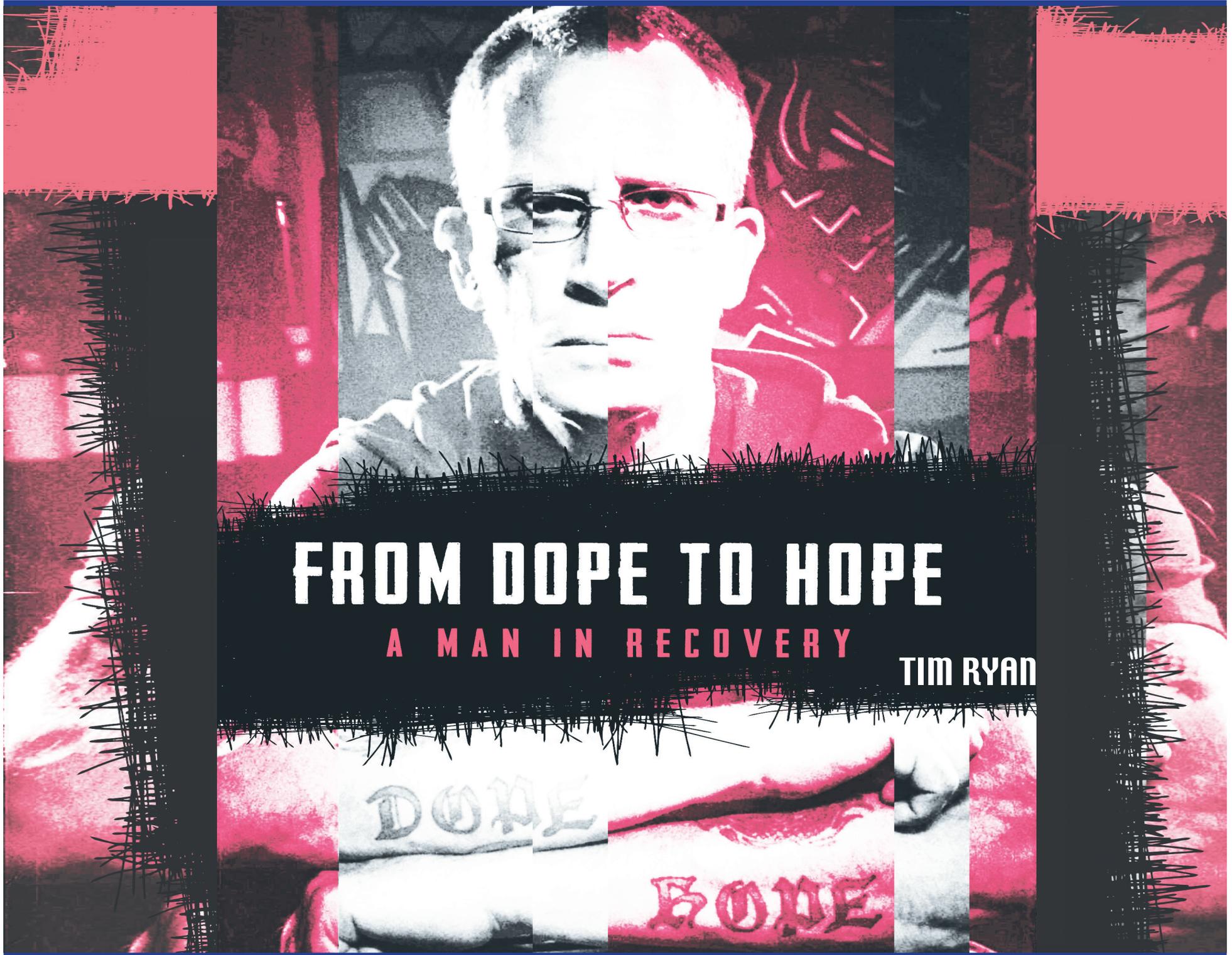


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June 2018

# KEYS TO RECOVERY — NEWSPAPER, INC. —



## FROM DOPE TO HOPE

A MAN IN RECOVERY

TIM RYAN

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# About Us

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Distribution Information - page 19

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



June marks the middle of the year, and I am astounded that we are halfway through 2018 already. Please take the time to visit our website ([www.KeystoRecoveryNewspaper.com](http://www.KeystoRecoveryNewspaper.com)), for any back issue you may have missed.

This month's issue, has a wonderful variety of articles, each one delivering so much hope, knowledge, and inspiration. Please let us know which ones you enjoy the most, so we can continue delivering the best recovery newspaper month after month.

Our primary purpose is to carry the message of **HOPE** for recovery, to as many people as possible. So we send Keys to Recovery Newspaper for **FREE**, to anyone who wants or needs it, and our advertisers make that possible. Be sure to let them know that you heard about them in Keys to Recovery Newspaper.

I was blessed this month to be able to review the book *"Prison Baby"*, and in the process came to know the lovely woman who wrote it, Deborah Jiang Stein, and learn about her passion for helping others. Deborah shares her past pain, that led to her starting "unPrison Project" - a nonprofit - building capacity for women and girls in prison - learn more at [www.unprisonproject.org](http://www.unprisonproject.org). Please read her book and visit the website.

**"There is a saying in Tibetan, 'Tragedy should be utilized as a source of strength'. No matter what sort of difficulties, how painful an experience is, if we lose our hope that's our real disaster." Dalai Lama.**

What I am coming to understand is, that the pain we experience in life can either destroy us, or light a fire in our hearts, creating our purpose. Marcus and I have found our purpose, publishing Keys to Recovery Newspaper. This is truly a labor of love, and we know that God **LETS** us do this work.

In recovery we learn that being of service to others is the cornerstone of long term recovery. But we don't have to be in recovery, or even have endured a tragedy of some sort, to have a higher calling placed in our hearts. Everyone has the capacity to help others.

**"Our prime purpose in this life is to help others. And if you can't help them, at least don't harm them." Dalai Lama.**

Helping others and having a higher purpose, create a life that is filled with happiness and gratitude. After all aren't we all just looking for true and lasting happiness?

Until next month, take care and God Bless you. - **Jeannie Marshall, President & Cofounder**

Hello to everyone once again, I appreciate all of you for taking the time to read our recovery newspaper. Sobriety brings so much order and completion into our lives, my days are now laid out to help me maximize my time, to accomplish all that is needed to be done in that day. Before getting sober my life was so unorganized and full of projects uncompleted, and the obligations and responsibilities that were required of me, were left undone.

The clarity and foresight that I have obtained from applying the 12 Steps and its principals, has given me a true purpose and cause. Each of us as individuals should always focus on being a part of a solution in helping others, regardless if they are strangers, friends or family. The problems that are in the lives of those we want to help, aren't always necessarily about addictions or disorders. There may possibly be a financial situation, or for us to be emotionally supportive, understanding, and caring.

Even just listening and showing that they are important enough to give them our time, can be the determining factor in their sobriety. The doors that are opened up to us, when we surrender to our standpoints of self-gratification, selfishness, and egotism, allow us to accomplish our previous goals that have been set aside. Sobriety is so liberating and takes so much weight off of our shoulders, giving us enough time to catch our breath, and to truly see the big picture once again.

I now understand the statement that I heard in the past, "there isn't enough hours in the day", because in essence there is so much to do, and so many to help along life's path. Being a part of the solution, and not being one of the problems is very enlightening. It is a pleasure to have an opportunity monthly, to be part of a networking group of individuals with one sole purpose, to help those searching for a solution to their particular dilemmas, whatever they may be. Until we come together again for support and reasoning, may God strengthen and guide you continuously.

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



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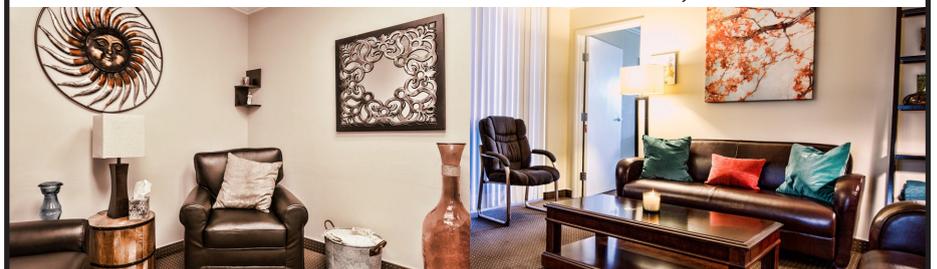
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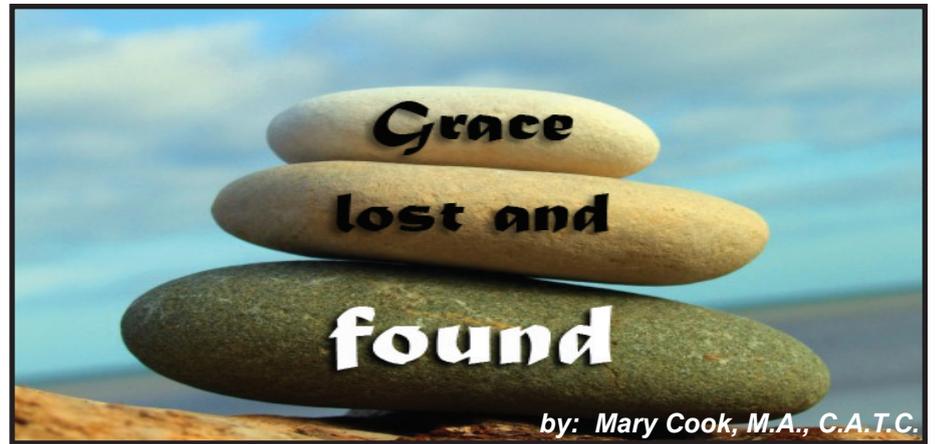
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by: Mary Cook, M.A., C.A.T.C.

**HIDE AND SEEK**

We hide our trauma, believing it shames us. We hide our terror, believing it victimizes us. We hide our weaknesses, believing they disempower us. We hide our gifts and talents, for fear of pressure and responsibility. We hide our highest truth and values, for fear of rebuttal, and rejection. We hide ignorance and denial, behind arrogance and self-righteousness. We hide self-betrayal behind bullying, and blaming others. We hide love and vulnerability, behind apathy and avoidance. We hide spiritual yearning and union, behind addictive disorders. We hide our deepest longings, for fear of the unknown. We settle for habits and the illusion of safety, and forfeit our unique evolution and purpose. And yet deep within us, we seek the adventure and alchemy of an authentic, open-hearted, spiritual life.

So how do we come out of hiding? It requires a profound pause in our ordinary thinking and acting. It's a combination of desperation, breakdown, curiosity, and hope. We realize that we are unable to numb or kill our pain, and we can no longer survive in hiding. We seek others who were hiding and now are healing. Their experiences help us to find, and to leave our own places of hiding. Their wise hearts teach us how to give and receive, how to forgive and be forgiven, how to love and be loved. We see that what we were hiding became stagnant, dark, and heavy.

*We realize seeking is not looking for a fix, but observing, reflecting, and patiently practicing healthy behaviors.*

We see that what we reveal becomes vital, creative energy that enlightens and transforms us. We realize that we were living at odds with our body, mind, heart, and spirit. We realize that we were living at odds with the nature of life, humanity, and a Higher Power. Our willingness to wonder allows us to wander outside of our life built on lies. We realize seeking is not looking for a fix, but observing, reflecting, and patiently practicing healthy behaviors.

We learn to consciously choose conditions conducive to healing. We are accountable, honest, and willing to follow direction from those who have gone before us. Addressing trauma and terror gives us tools to return to the present moment, recognize safety and support, and experience compassion and helpfulness for others, and ourselves. Addressing our weaknesses allows us to accept our human condition, to practice mutual teaching and learning, and acquire new skills. We allow our gifts and talents to emerge, and be used for greater good as natural opportunities arise. Our personal examination includes morals, values, and priorities from a deeper truth, and invites us to live with integrity. As we cultivate a relationship with a healthy, loving Higher Power, prayer and meditation guide us into acceptance of the nature of life, and growth through trials and tribulations.

As we seek healthy solutions, solutions are seeking us. When we stop hiding and open our eyes to what we were formerly unable to see, we become aware of unlimited teachings all around us. Surrendering habit thoughts and actions, and seeking positive inspiration, reveals abundant goodness, beauty, altruism, happiness, peace, and love in the earthly and spiritual dimension. We see how the worst of us can be transformed into the best of us, from seeking and living from our heart's wisdom. Solutions are always with us, not necessarily what our mind wants, but those which support our highest evolution and purpose.

*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 PROSPERING POWER OF LOVE

I was serving in the United States Coast Guard when I got clean and sober. After a few months into my new life I was feeling frustrated with work. I confided to my mentor in the recovery program that prior to getting sober, I enlisted only because I thought I needed discipline. Now that I realized that wasn't the problem, I didn't think joining the military was in my best interest.

"You don't have to stay in the military." He said.

"Really?" I asked.

"Yes. It's not wartime and since you've been a problem up until this point they'll be happy to let you go." He said.

"Really? All I have to do is ask?" I said.

"Absolutely. Just keep in mind that unless you learn to love the job you currently have, you'll have the same miserable job for the rest of your life."

For some reason what he said made sense to me. Up until this time, I mistakenly believed that discipline meant surrounding myself within a tight ring of impending punishment. This way I'd be forced to walk the straight and narrow. Of course it never worked.

I have learned that the root meaning of discipline is "disciple, one who follows the way of Love." Today I utilize discipline as "restraint and redirect." When I feel fear give me a kick in the form of anger, worry, doubt, envy, self-pity, etc...I immediately use a prayer from page 68 in the book "Alcoholics Anonymous". It is simply, "God remove my fear (worry, doubt, resentment, fill in the blank, etc.) and direct my attention to what you would have me be." This inspires me to take contrary action. This is action that is contrary to my old defective manner of reacting. Instead I step forward on the pathway of Love. Stepping out boldly in this manner has always led to better than expected outcomes.

So I took what he had said to heart, and committed to learn to love my job. I began every morning by linking up with God with a cup of coffee, and daily inspirational readings. These readings included prayers from various books including the St. Francis prayer from the book, "The 12 Steps and 12 Traditions".

The St. Francis prayer became my marching orders for the day. "Lord, make me a channel of thy peace; that where there is hatred, I may bring love; that where there is wrong, I may bring the spirit of forgiveness; that where there is discord, I may bring harmony; that where there is error, I may bring truth; that where there is doubt, I may bring faith; that where there is despair, I may bring hope; that where there are shadows, I may bring light; that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted; to understand, than to be understood; to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life. Amen."

Like St. Francis, I made it my responsibility to act as God's Ambassador of Love to all I came in contact with throughout my daily activities. It inspired me to view my role in life to be of much more significance than my job title. I took to heart the slogan, "Curse a thing and it curses you. Bless a thing and it blesses you." I became a blessing machine. I silently blessed where I lived, my uniform, the drive to work, strangers I passed on the sidewalk, co-workers, paperwork, you name it I blessed it. When a seeming problem would arise, I'd bless it a success.

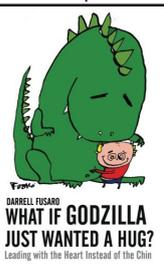
Miraculously my job began to transform for the better. Each day became a fun-filled adventure in faith. I began to look forward to each day with joyful expectancy. I was on a mission. I always had something good to give; even if it was just a smile.

I kept the current A.A. Grapevine Magazine, Daily Word Magazine, and the book "Find and Use Your Inner Power" by Emmet Fox, in my briefcase for moments when my thinking deteriorated during the day. Whenever that happened I'd slip into the bathroom and read a paragraph or two. This would refresh my mental browser. I learned that I could start my day over at anytime.

I quickly and effortlessly rose up the ranks. Within one year's time I went from having been demoted to the lowest enlisted rank of E1 working in the base mailroom, to being assigned Military Police Liaison to the Prosecuting Attorney of the State of Hawaii. In this high profile public relations position I represented all branches of the military. Ironically, I was acting as an ambassador. Not only did I complete my four-year tour of duty, I was having such a good time I extended my enlistment for an additional year.

My friend was correct. No matter what the job, I am always well compensated when I'm acting as God's Ambassador.

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



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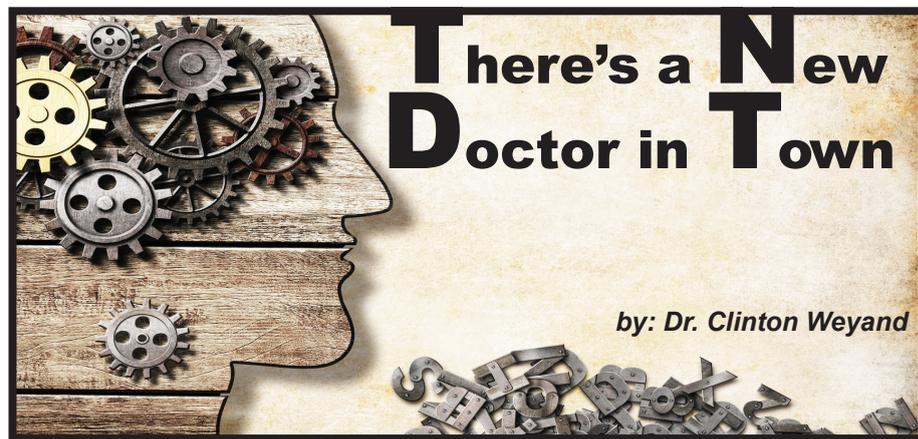
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## COMPASSION IN RECOVERY

What is the role of Compassion in Recovery? Many clients with trauma and substance-abuse issues have lots of self-hate and self-loathing. The false assumption is that, if they beat themselves up and talk harshly to their "internal child", they will magically get better or grow up. This doesn't work. Research shows that a loving strategy toward the self produces lasting change.

Self compassion leads to exploration and frequently a deep and truthful answer to relapse. Real compassion brings up positive and negative feelings, but it is not sugar-coating the truth. It is a caring confrontation. Here are some examples:

### HARSH SELF TALK

1. "I'm a loser. I can't get this."
2. "Very honestly, I am a total failure."
3. "The Steps, Therapy, My Sponsor—nothing is effective for me."
4. "I used again last night. I can't do anything correctly."
5. "It serves me to blame myself. I'm hopeless and helpless."

### COMPASSIONATE SELF-TALK

1. "I know drinking is dangerous, but I did it anyway. There must be a reason. Maybe I'm still grieving my brother's death. Next time, I will call my sponsor first."
2. "I really want that drink, but given my family history of alcoholism, I know it's not safe for me. My "normal" friends can drink, but I can't. It's unfair, but I have to accept it. I can give myself a healthy substitute. I want to be kind to myself as I go through this."

### REAL COMPASSION IS NOT

1. Making excuses.
2. Justifying bad choices.
3. Letting yourself off the hook for mistakes.
4. Whitewashing truth.
5. False Pretending.
6. Entitled Selfishness.
7. Self Pity.

### EFFECTIVE COMPASSION TOWARD YOURSELF

1. Is gentle and encouraging.
2. Is realistic about safety and boundaries.
3. Offers a broad and understanding perspective.
4. Identifies a new path or strategy.
5. Accepts and deals with objective reality.

Psychologist, Marsha Linefan, talks about **WISE MIND**: doing what you know is right. Compassion is not just "being nice." Leaving a partner who hurts you may feel wrong, but you know it is right.

Effective change happens by balancing love and limits; warm support plus firm responsibility. Do not bounce back between too much indulgence or too much harshness. Compassion keeps you moving forward.

Please explore [www.charterforcompassion.org](http://www.charterforcompassion.org) What follows is part of the charter.

1. We call upon all men and women to restore compassion to the centre of morality and religion.
2. To return to the ancient principle that any interpretation of scripture that breeds violence, hatred, or disdain is illegitimate.
3. To ensure that youth are given accurate and respectful information above other traditions, religions, and cultures.
4. To encourage a positive appreciation of cultural and religious diversity.
5. To cultivate an informed empathy with the suffering of all human beings—even those regarded as enemies.

Recommended Reading: 12 Steps to a Compassionate Life, Karen Armstrong

*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*



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by: Sherry Fleming, MFT

### NOT ANOTHER "POOR ME" STORY

The details of my eating disorder are unimportant; they are the same as yours. What is important is my journey out of that darkness, that too many of us know so well.

Here is my story. I grew up hating myself and wishing I was dead. I was put into therapy in 4th grade, because I was talking about wanting to be dead. I always hated my body and believed I was fat. I have always felt and believed that I was a disappointment to my parents. I feel the need to pause here, and say that this is not a "poor me" story. This is my journey and this is a point along my way.

In high school, I developed anorexia nervosa. I went into an inpatient eating disorder treatment program during my senior year. If you have ever been in treatment, you will probably relate to [one] of my first reactions when seeing the other girls there; "I am not even close to as sick as they are. They look sick. I am fat. I don't belong here!" Of course, I was wrong, I did belong there. I had lost almost everything to my unrelenting pursuit of fitness and weight loss. The one thing that I had started to gain was my father's pride, and something over which my mother and I could relate. Being thin and fit was NOT a "Fleming" trait, and I was overcoming my destiny. My mother prided herself on her weight, and was very controlled with her eating. So, to give up my eating disorder was to give up the only thing that I was ever good at.

I learned a lot in treatment. I learned that I actually did have an eating disorder, that there were other people who thought and felt as I did, about food, calories, weight and exercise. I learned that there were underlying reasons for my eating disorder, and that it wasn't all my "fault". When I was told that I would be discharging soon, I panicked and started refusing food; I didn't want to leave treatment (though I'd never have admitted that at the time). For the first time in my life, I felt accepted and loved and wanted, just as I was, anger, darkness and all. To my great disappointment, I was discharged anyway.

After doing PHP for a while, I returned to school and finished my senior year. That summer, my family went on our annual trip back east to visit family. I thought I was all better, but quickly realized that I was wasn't.

I started college in the fall...I hated it. I felt fat and insecure. My eating disorder came back, full force. During my sophomore year, I added bingeing and purging to my repertoire. The summer after my sophomore year, I went to Hawaii with my family. My mother caught me purging in a bathroom at Denny's. We had a family meeting in the hotel-room. My sister told me I was being selfish and ruining the family. Duh. When we returned home, I went into an IOP program. It didn't help. I returned to college in the fall. My eating disorder continued. I graduated and moved back to West Seattle; self-hatred and eating disorder still firmly in place.

In 1997, I began dating someone and we moved in together. My eating disorder was causing problems in our relationship, and I was eventually given a choice: my eating disorder or my relationship. I chose my relationship. Of course, it wasn't nearly that simple, and it certainly wasn't easy. I began backing off of the eating disorder behaviors, but the thoughts and beliefs about myself persisted. By the time we moved to Los Angeles, I was no longer engaging in the behaviors, and I had come to accept that I would have to deal with hating my body and myself for the rest of my life and that, in times of high stress, I would always have to be extra mindful to not slip back into it. At that time, it was believed that full recovery wasn't possible, which meant that I would always be an Anorexic and a Bulimic. So, no eating disorder behaviors was the best that I could hope for...until, I got a job at Monte Nido treatment center, and met Carolyn Costin. She referred to herself as "recovered from anorexia nervosa". My mind was rocked. How could this be possible? Well, over the next several years, I got it, and I recovered from anorexia and bulimia nervosa as well.

I discovered people who embraced me, as I was. I also began to notice automatic thoughts about myself, food and weight, as well as the erroneous beliefs held by our culture in these areas. I realized that most of them didn't make sense, so I started changing my thoughts by actually saying the new (and accurate) ones...out loud (it's not enough to just think it; you have to say it). It's the ultimate mindfulness and it's a lot of work, but it is worth it. I often tell my clients that I was lucky enough to get sick enough to need treatment, because without it, I'd have ended up an average body and self-hating American woman. Listen to what you say to yourself. How would you feel if someone else was saying those things to you? Chances are, you'd feel hurt or angry...so why would you say these things to yourself?

Sherry Fleming is a licensed MFT, who has been helping people heal from Eating Disorders since 2000. She felt a calling to help others after she recovered from Anorexia Nervosa and Bulimia Nervosa. She not only has experience guiding others through their own struggle, but she also understands the nature of that struggle. Beginning her therapist-career at Monte Nido Residential Treatment Center, she worked her way up to Assistant Clinical Director. She continued her work as Clinical Director at Eating Disorder Center of California. Most recently she assisted in creating, opening and taking on the role of Clinical Director for Reconnect Trauma Treatment Center's Residential program. Currently, she is focused on her private practice in Woodland Hills. Sherry is fully trained in EMDR (I and II), Brainspotting (Levels I and II) and the Comprehensive Resource Model (CRM). She can be reached 818.645.0893, [www.sherryflemingmft.com](http://www.sherryflemingmft.com)



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by: Doug Bopst

**HOW BEING INCARCERATED SAVED MY LIFE**

October 21, 2008 was a lonely drive as I was on my way to jail, to serve a 90 day sentence for felony drug charges.

As I walked through the gates of Harford County Detention Center, I had such fear and anxiety about what would transpire during my stay there.

"Am I going to get raped?" "Am I going to get beat up?" "What am I going to do in there?" and so on and so on...

I walked in and was greeted by a "CO" as we called them, more publicly known as a "correctional officer".

After deciding which pod or block I would be placed in, I was escorted in my new outfit, the good ole' white and black jumpsuit and flip flops. My entire life and belongings would soon be confined to an 8' X 8' box, and I had no clue the lessons it would teach me.

I was completely ignorant to the fact of what opiate withdrawal would be like two to three days from now. I had been heavily using daily for years with no breaks, to the point that half of my left nostril was corroded.

A few days later, I was uncontrollably vomiting, shaking and crapping. There is nothing more humbling than having to take a dump right in front of another grown man.

What made matters worse was that I was also an avid cigarette smoker. So, I was detoxing cold turkey from two of the most addictive substances, opiates and nicotine at the same time.

I quickly made friends with many of the inmates as they liked my goofy sense of humor, and didn't cause any problems. Well, sort of. I guess I didn't read "the idiots guide on how to be a first timer in jail," because I was kicked out of my first two cells.

The first one, I crawled into the bottom bunk, which is a "no no." When my then cell mate was out playing cards, I was too weak from detoxing to climb to the top, so my dumbass thought my cell mate wouldn't mind. The bottom bunk is reserved for those who were there "first." Well, out I went, with my few belongings and off to room with a guy who looked like something out of the Hobbit. I think I lasted three days with him before I decided it was smart to wipe myself with his wash cloth, and rinse it off in the sink where his food and milk were. Well, out I went again

My third and final cell mate, Eric was an "OG" in the system. He had spent the last 10 years in State Prison and was in county jail awaiting court for a parole violation. The guy was a heroin addict and committed tons of burglaries to support his habit. He was a great guy deep down, but like many of us, he had demons he just couldn't kick. But, everyone respected him.

He told me when my detox was complete, he wanted me to try to work out with him. I thought to myself "yeah right", I never worked out, I was overweight, out of shape and out of my mind.

One random night, I finally gave in to Eric's request and found myself on my knees in the common area trying to do a pushup. It was embarrassing. I couldn't even hold myself up. I was there in front of a bunch of grown men, and felt completely incapacitated. I couldn't believe I had let myself go that much.

In exchange for some things from the commissary (the "jail store"), Eric would train me every day right after dinner.

With his help and motivation, I lost 15 pounds while in jail, and was able to do ten pushups and run a mile. It gave me the confidence and self-esteem that I could accomplish other things in life. Whenever I would try to quit, Eric would say things like "Doug, you can either be a man or be a b\*\*\*\*..." Where I grew up, you don't want to ever be called a b\*\*\*\*.

I asked him how I could ever repay him. He just told me to keep going and to pay it forward. I've done just that. I've stayed clean since the day I left jail, quit smoking cigarettes and lost 50 pounds. I changed my friends, living situation, habits and my mind-set. I then, got certified as a personal trainer to help other people change their lives. I built a successful personal training business, and the felony came off my record in 2014.

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## FROM GUNS AND NEEDLES TO RECOVERY AND REDEMPTION

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

**Jello Biafra said in an interview, "...we hate hard drugs," and yet, you were a road manager for the Dead Kennedys. How did you hide your heroin use from the band?**

I'd shoot on a daily basis, but not a huge amount, just enough to keep me well. I'd get loaded elsewhere when the band weren't around. Years later, in County Jail, East Bay Ray came to visit me and he said, "I never knew you had a problem." A lot of people were lost in the early punk scene to drugs so that could be where Biafra was coming from.

**Your acerbic observations in 'Gun, Needle, Spoon' are often very funny. Was that intentional?**

I use a lot of humor to self-depreciate, to lower the tension level. Even at the worst moments of my life I found the humor in it all. I remember panhandling, for drug money, with a gas can and this guy took me to a gas station, and he made me fill it up. Now I had a gallon of gas but no car! I couldn't say, "No, no. I don't want the gas." Situations like that. That's funny!

**You have a gift for writing sharp, engaging dialogue. Did this start with prose or screenwriting?**

I wrote some bad film scripts in art school. My dialogue was kinda stiff so I started an exercise: walking out every day, in Hollywood, and memorizing conversations. I'd write them down and play with the dialogue: making it funny, pathetic or sad. I did that for about a year and had a totally different ear for dialogue after that.

**You wrote about 'Romancing that first hit on a joint.' Was that your first 'this is it' moment?**

I was always romancing these 'great times.' People use that word 'partying,' but it's not always a party. I remember being up all night on cocaine, staring out of the slits in the window thinking the cops were coming, and then doing *more* coke! But heroin was the 'Aha' moment. Heroin did exactly what I wanted it to. Then I went to New York, to escape the San Francisco dope scene, but everywhere you go is where *you* are. I chipped dope and drank myself to death thinking I was clean. We like to call that 'Keith Richards clean.'

**You wrote about witnessing your mother's attempted suicide, twice. Do you see a connection between those childhood events and your substance abuse/eating disorder?**

Absolutely, it was prime time: eleven or twelve years old and it was a defining moment. I felt I was unloved, as if my mother didn't want to be alive, that she would rather be dead than be my mother. I had an undiagnosed learning disorder; I was dyslexic; *and* I was bulimic—binging and purging. Then the drugs kicked in—pot, acid. My Dad got a professorship at Harvard and didn't want to be married anymore—he just left. Then the bottom fell out of my life. So I retreated into art. I was the youngest nationally published cartoonist in America; I was on the Dinah Shore show. But all that phased out after punk rock and drugs.

**Did armed robbery become an addiction in and of itself?**

There was an intense sense of 'I'm that guy and the rules don't apply to me.' And there's the rush, the fear, that feeling of time standing still.

**Did you feel, increasingly, that your luck was running out?**

Yes. There was a time when we were checking out a multiplex and there were a ton of undercover cops in the parking lot. A guy with an ear piece walking around...stuff like that. We got the hell out of there—fast. Whether it was real or not, I just had those insights. I also dreamt of cops shooting me. I would wake up at night, gasping for air—covered in sweat. I knew they were coming, but it was paying for my drug habit. I just didn't see any way out.

**You tell your girlfriend that you will 'live forever.' Did you really believe that you would never die from an overdose?**

I OD'ed maybe seven, nine times and that is how I lived my life: "I am not going to die from this. It's not going to happen." If the emergency workers showed up—after they'd pumped me full of Narcan—I would come to and they'd say, "You just OD'ed" and I'd say, "No I didn't!" And I'd be lying there with IVs in me and my chest hurting from the CPR. I definitely had a feeling of invincibility.

**At what point did you experience that pivotal moment? Where you realized that you were 'done'?**

That would have to be in jail. The state of California was trying to give me twenty-five to life which really meant *life*. I thought to myself, *do I really want to spend the rest of my life in prison? I don't even want to spend another minute in here.* That was an absolute moment. I questioned my whole existence. I was looking back at eighteen years of doing the same thing and *this* was the result. I realized that if I got out that day I would have nowhere to go. My family didn't want me. I had no money. I'd burned all my bridges. That was definitely my bottom, the lowest I could go.

**You wrote: "Incarceration is the biggest waste of time, the most depressingly violent environment." How did you adjust to that environment?**

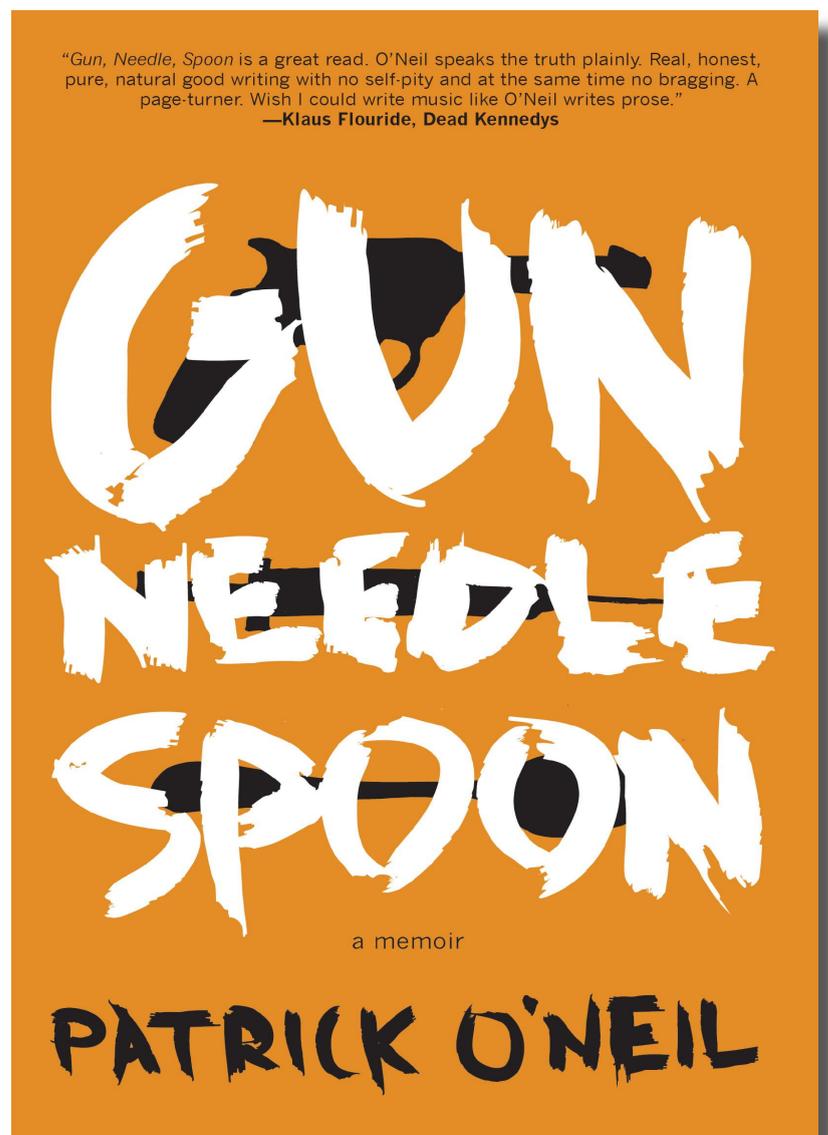
A lot of old-school guys told me that if you stay out of the mix, incarceration is a lot less of a problem. If you're not into gambling, drugs or a part of the gangs you can just do your time. There's nothing they want from you. So I joined this writing group. I just wrote—all the time. One day I read a story out loud and it was a total ice breaker. That's when I first got that feeling: *Oh, yeah. Writing's cool.*

**You were going through a rough time one day but then, you received some unexpected news. Could you talk about that?**

I walked out of the rehab (my workplace, in Los Angeles) to where my car was. And there was no car—nothing. It had been towed. I was so pissed—fuming. I walked to the bus and then the rain came pouring down. I got on the bus and it was totally crowded. The air conditioning was on so I was freezing, my clothes were all wet, and then...my cell rang. A number I didn't recognize—Sacramento. I almost didn't answer it. A voice on the other end said, "Hello, is Mr. O'Neil there?" "Yeah!" "I'm calling from Governor Brown's office. We're calling to tell you that we are going to give you your pardon." My eyes welled up. I looked across the aisle and there was this badass, tough, *cholo* dude looking at me and I thought, *I'm going to cry in front of this guy, but it doesn't matter.* I just told them that this was the best news I'd had all day. I hung up and...nothing mattered. It didn't matter that the car had been towed. Everything that felt really traumatic, huge and horrible ten minutes before that phone call just, disappeared. It was the culmination of everything. Doing the right thing. It was pretty amazing. It was like: *The government thinks I'm doing okay; the same government that wanted to put me away for life.* Gifts of recovery, man. Gifts of recovery.

Patrick has taught writing workshops in numerous correctional facilities and lives with his wife Jennifer and two rather large Maine Coons in Downtown Los Angeles. For more information visit: [patrick-oneil.com](http://patrick-oneil.com).

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



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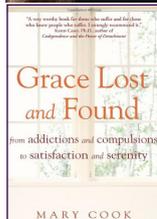
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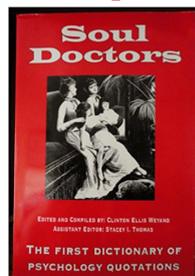
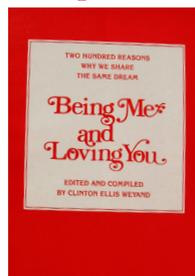
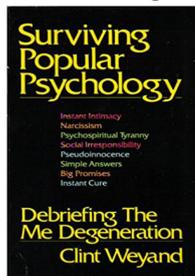
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## WAIKIKI AND ME

The dessert plates are being abruptly cleared by a waiter who seems only interested in getting this meal over with. No problem for me, as I didn't even touch the piece of hardened cheesecake, that looked like one of those plastic replicas you see in the window displays at certain New York delis.

But this ain't New York. I'm currently seated at the head table of a fancy ballroom, in a fancy hotel, in a fancy section of Waikiki, Hawaii, waiting to be called on to give my keynote talk at a fundraising gala, for this fancy local substance abuse treatment center.

As a result of being visible in the world of recovery, because of the books I've written on the subject, I occasionally get asked to speak at affairs like this. I'm known as someone who can address the "lighter side of drug addiction" given that my books are celebrity memoirs, containing colorful stories of the meteoric rise of shining stars before they flamed out. I'm told my talks bring levity and humor to what can often become dreary affairs.

Not that I deserve any praise or recognition for my work; to the contrary, I'm a lucky guy who found a way out of my addictions, and was able to turn my death spiral into an useful asset. But these people who I've been paid to tell stories to think I'm smart, special and someone worth shelling out big bucks to come see, so I act as if, and do my best to give them what they came to hear.

I'm not really a trained performer, and as scared as I often am at these functions, I've learned how to tap into an inner resource and just get up there and do it, in spite of my fears and insecurities. I try to stay present and in the moment, and trust that my higher power will provide the words. Sneaking off to the restroom to offer a little prayer to the big guy doesn't hurt either.

The MC for this gala began the after-dinner program by introducing the opening act for the evening, a group of extra-large native Hawaiian women who performed an authentic hula for the appreciative audience. They were dressed in matching sarongs, woven head dresses and large flower leis around their necks. The dance they perform is rhythmic and primitive, with a good measure of raw sexuality. They were accompanied by the only man in their group, an elder, who chanted in the beautiful Hawaiian language, while he played various percussion instruments. I was told by the chair of the event, who was seated next to me, that these impressive native women were currently serving time in the Hawaii state prison, for drug and alcohol related offenses. They earned the right to be part of this dance troupe by volunteering for substance abuse counseling. It was a very moving performance, which set the bar for the evening at a very high level.

Next came a series of awards to various people associated with the fundraising organization, and as I sensed my time was almost at hand, I noticed that perspiration was beginning to form under my arms, a sure sign of nervousness. "Damn, I wish they would hurry up and get this show moving." Waiting to speak is always nerve-wracking. I pretend to be calm and enjoying myself, but I'm starting to tense up. I've given many talks at these kinds of affairs and know the drill, but it never seems to get any easier. I know it's only my ego wanting to look good, and that the secret is letting go and turning it over, but knowing and practicing are often two very different matters.

Finally, the woman chosen to introduce me is making her way up onto the stage, and I take a couple of slow deep breathes to calm myself and get ready. I don't catch her name, but I understand that she is a TV personality of some renown here in Hawaii. She's a dynamic little woman of Philippine extraction, who immediately starts telling jokes that break up the audience. When she finishes she breaks into a song about the islands. "My God, is this ever going to end?" I'm afraid to look down at the beautiful Hawaiian shirt I chose to wear for this occasion, certain that the stains under my arms are growing rapidly. When she finally finishes, "Little Miss Sunshine" receives a huge ovation, and I know there is no way I can reach the emotional pitch she has brought the audience to. How can I follow her?

Well, here goes...Now it's my turn. After an introduction read off of a 3 x 5 card, I make my way over to the podium, accompanied by a pretty hefty applause. My moment has arrived. I'm presented with a beautiful Hawaiian flower lei, and a kiss on the cheek by the woman who just finished introducing me.

I take the proffered microphone, step behind the lectern, grabbing each side to steady myself, take a deep breath and gaze out over the expectant crowd.

The thickly carpeted ballroom is bigger than I realized, and there must be a few hundred people in the audience. Diners are gathered in groups of ten, seated at linen covered tables, graced with lovely Hawaiian floral arrangements.

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## THE ART OF LETTING GO

Most of us at this point have probably heard the phrase let go and let God. Sure, easier said than done. If you're anything like us especially in interpersonal relationships, letting go of things is not an easy task. We as human beings are sensitive and get our feelings hurt and the person that hurts us the most is usually the person that we love the most. It's common to have resentments build up, and it's a real struggle to let that go.

Letting go is not only complicated because our most intimate relationships can cause the most pain. We also live in the physical world where we attach ourselves to so many things. We are attached to our house, we are attached to our cars, we are attached to our clothes, we are attached to our toys, we are attached to electronics, we are attached to ideas, we are attached to beliefs, we are attached to social constructs, we are attached to behaviors, we are attached to narrow minded perspectives, and we are attached to thoughts. There is an endless amount of ways of being attached. We really could call ourselves attachment beings instead of human beings.

The Art of Letting Go is being willing to confront the attachments we have. Begin to dismantle piece by piece the attachments that are harming us the most. Such as primary addictions to drugs, alcohol, or other behavior addictions. Then the more subtle addictions in our lives, such as emotional and energetic thoughts that cause blockages in us being fully free, and self expressed living from joy and love. To be detached does not mean that we are void of being in the physical world necessarily, it just means that we get to interact with the pleasures of the physical world, and more importantly have deep and meaningful relationships with other human beings.

The freedom that comes with letting go of our attachments is a paradoxical gift. What we can gain is more expression, and more creativity in BEING rather than acquiring things. Not only physical items, we are talking about letting go of that emotional baggage such as those resentments, or convictions that shut us off from feeling joy, beliefs that are limiting, and especially thoughts that are rooted in acting small. When you realize that having no-thing can lead to everything, then letting go seems to be the gateway to true freedom.

I'm sure at this point if you have gotten this far in reading, you may be wondering, "yeah, yeah, yeah, this sounds great, but it's so much harder to actually do - to let go". And to that we would say we absolutely agree from every ounce of our hearts that this is not only hard, but that it is a painful and can be a confusing process. To strip away parts of our identity means that we have to be willing to be uncomfortable in the unknown. To be in the unknown can almost feel like a total emptiness, but in actuality it is a re-birthing process. If you look at nature it is a cycle of birth, death and rebirth, over and over and over again. This planet, if Humans Beings were destroyed, would rebirth New Creation. So why are we afraid in our own personal evolution of letting go, and having a rebirth over and over? That's what the art of letting go gets us closer to. What is there to be afraid of?

Once the illusion of who we think we are vanishes, than we are free to be present, to stand in a place of love, and from stepping into your unique sense of creativity. When a person has fully and completely surrendered to an addiction, they have a rebirth. For us as humans we can continuously have a process of surrender. There will always be an endless supply of limiting thoughts of Who We Are, so our job is continuous to let go. Once you accept that there is no specific destination to arrive at, but that the journey is about the process of letting go, and rebirthing yourself then you are mastering The Art of Letting Go.

This topic is near and dear to our hearts right now in our lives. We are downsizing from a 1500 square foot house, to a 200 square foot converted School Bus. We are taking stock of everything we own, every thought and belief that we have, and all the fears that exist. Our family will venture into the unknown as we travel around the country building a new connection to one another, to the Earth, to how we work, into letting go and being present in our journey. If you are interested in following us and our process, we have documented, and will continue to document our experience. You can find us on YouTube at EarthSkoolie.

May whatever journey you are embarking we hope that you take stock of your own life, and practice The Art of Letting Go as it will enrich your life and relationships. Love Only, Rudy and Kelly Castro



*www.consciouspartnershipcoaching.com. Conscious Partnership: 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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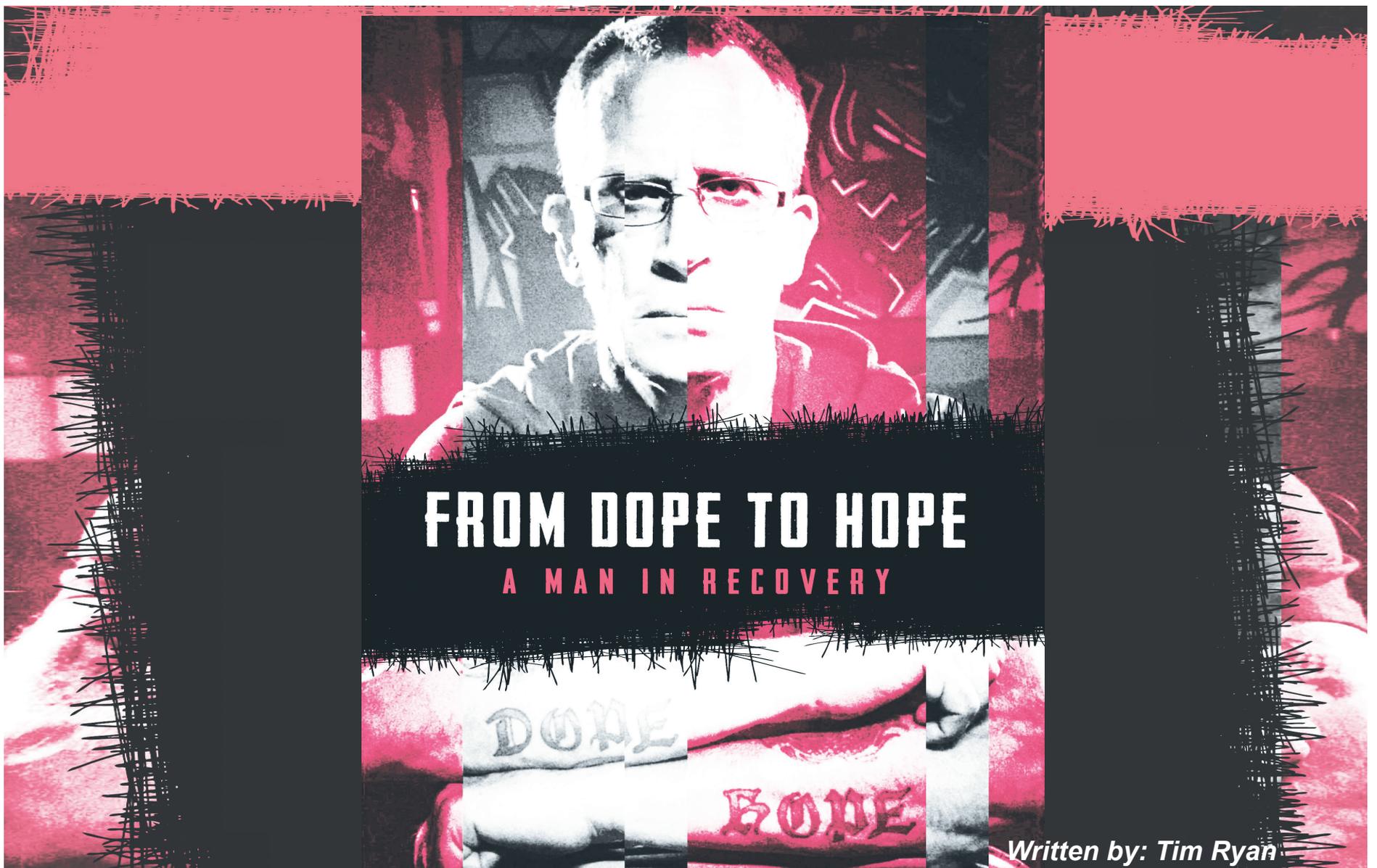
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## 7 Life-Saving Lessons on Recovery from an Addict

There is a God, and His name is NOT Tim Ryan.” Those are the words I uttered as I found myself in a cold prison cell for a crime I did commit.

For years, instead of creating things of beauty, I birthed chaos. Instead of helping others, I was a source of suffering—including for my wife and four children.

Sure, I had it all together on the outside. I had a beautiful house with an expensive boat sitting on the lake. I had a great job in downtown Chicago—well, “jobs,” since I didn’t usually hold the same one for long. I thought I could do anything, because I always made my company lots of money. So yeah, I was high on myself—and a lot of other things. But I wasn’t in control.

Here are the lessons I learned on the way to recovery.

### **1. Addiction is not someone else’s fault.**

I would love to blame my parents for my descent into addiction. But I can’t. They raised me right. They adopted my brothers, sister, and me—and showed us real love. They supported my waterskiing—which led me to become nationally ranked. I loved getting up on the lake and skiing barefoot, showing the world my tricks.

I loved that almost as much as the tricks I pulled to get high—and the beer and drugs I’d consume once I got off the lake.

Whatever your past, blaming your addiction on someone else will keep you stuck.

### **2. Rock bottom can happen anytime.**

Those years of “Tim as God” stopped when my heroin addiction led me to seek just one more high—which left me on the side of the road in my car, unconscious. I eventually woke up on a gurney with a lot of yelling around me. The nurse said, “I think you killed two people.” And guess what I was thinking? At least they don’t have my blood and urine; I can beat this thing.

It would be hours before I’d learn that while I hadn’t killed anyone, I had put four people in the hospital, including a 9-month-old baby. Maybe I wasn’t in control after all, I began to see.

I’d hit plenty of rock bottoms over the course of my drug use. While I’d dabbled at recovery, I did so to drink and drug “responsibly.” This thing called sobriety didn’t sink in with me. Why would I want to do that, I thought? I liked my drugs more than sobriety.

But this one made me wake up and realize I wasn’t in control—and I didn’t like where it was taking me.

Hitting rock bottom means adopting a mentality that says you don’t want to experience the same type of pain. You may be tired of hurting others or losing what you’ve created. Don’t wait until it’s too late to decide that this will be your rock bottom.

### **3. Kids need a parent—not a friend.**

While I was awaiting my trial, I lay dopesick in the bathtub. My oldest son, Nick, walked in and plopped something down on the counter. “Here, Dad. This ought to help.” Looking over, I saw a bag of heroin. My heart dropped.

“Nick, you shouldn’t be doing this crap.”

“Don’t worry, Dad. I’m only dealing a little. Besides, you’re a successful drug addict.” His words stopped my pulse. How could my son think there was a such thing as a successful drug addict? Sure, I was successful as measured by income. And I was a drug addict. I couldn’t wrap my head around it. But I took his bag of heroin and stuffed my dopesickness for another day.

In a matter of weeks, we were doing heroin together. I offered it to his friend. The kid refused. God was protecting him. I wish I could say the same for Nick, whose choices began pulling him down a path of destruction.

Doing drugs with your kids or turning a blind eye to their use may seem like the way to fit in and be a friend, but it can be a deadly decision.

### **4. Recovery is not someone else’s responsibility.**

As I faced trial, something began to stir in me. In researching the options for prison, I learned that Sheridan Correctional Center in Illinois had a strong recovery program. I have to get into Sheridan, I told myself. It became my new obsession. I have to recover...or I will die. For the first time, I realized I was already dying.

On the way to my sentencing, I bought 60 bags of heroin. I snorted 10 on the way and tried to stuff the rest in my jacket, and various places where no one would find them. And I desperately hoped that when I got to jail, I could detox properly.

“3-3-1,” The judge said. I had no idea what that meant, but my attorney said it meant I had seven years. With good behavior, I could be out in 18 months.

Only the person struggling with addiction can make the choice to recover.

### **5. Recovery is a full-time gig.**

A lot of people wanted to get into Sheridan, but not all of them were serious about recovery. By what I now see as a miracle, I got into Sheridan with a cellmate I called Big Perk. He was a known gang member. He could bench 500 pounds. And he was serious about recovery.

We spent countless hours talking about the things God could do in our lives. We wanted to start a ministry to help those stuck in addiction and violence. Perk’s own son had been shot by gang members. Hope started to pulse through my veins, replacing the heroin that had scarred them not long ago.

I lived and breathed those 12-step meetings. I began to see beyond myself for the first time.

I could help serve others. It was a concept I'd never considered, and it gave me a new reason to live. I began to put together plans for a non-profit, A Man in Recovery Foundation. I would help people out of addiction and into hope. Perk and I would talk into the wee hours of the morning about our recovery, and the things we'd do when we got out. I began to have a purpose beyond serving myself.

As my spiritual life started taking form, my physical world started falling apart. "Tim, I am sending you something," my wife said on the phone one day. Goodie, I thought. I love packages. She anticipated that I'd be clueless, so she told me, "I want a divorce." My heart fell out of my body, but I could not blame the woman. I had caused us to foreclose on our beautiful home. I had neglected her and the kids. My sweet and innocent daughter had to experience her 12th birthday while her daddy was in prison. I was a loser, by all worldly accounts.

I dug further into my recovery. As I did, I realized I had value and a purpose.

As I exited prison, I knew it would be tough to maintain sobriety. But I knew that if I didn't, I would not make it. I clung to it like I used to cling to drugs. The difference was, this time, my life was getting better.

As you enter recovery, you may feel something new—hope, and the love of a community who loved God more than themselves.

**6. Recovery doesn't guarantee a pain-free life, but it does provide hope through the pain.**

As my foundation took shape and I reached out to help other addicts, my own son began slipping further. Nick was in and out of jail for various drug related offenses. At one point, he seemed to be turning a corner. "Dad, we can go speak around the country and help people out of addiction," he stated. I could not have been more thrilled.

Months later, as I sat planning my day, I got a call from my ex wife. "Nick's in the hospital," she said. "He's overdosed." My blood stopped. I dropped my coffee and jumped into her car. As we walked into the ER and down the hall towards his room, a chaplain walked out. I knew in that moment. After what seemed like an eternity of getting shuffled around by doctors, I went to see Nick. He had tubes hanging out of his mouth. He was gone.

Nothing could prepare me for losing a child to an addiction that I knew I not only didn't help stop—but I helped to feed. In that moment, I could have ignored all the work that God had done in my life, and reached for my drug. Instead I told myself, "I need to get to a meeting." And I did.

At that meeting, I shared what had happened. Things started to shift. People started to be moved towards sobriety, when I shared my story. The newspaper ran a big article on Nick, and his funeral was packed. People started entering recovery as a result of his loss.

Doors started to open for me to tell my story in bigger ways. God was somehow using the most painful and broken parts of my life to build something beautiful.

The pain of losing Nick never leaves me. I carry his ashes around my neck as a reminder that everything I do must be with recovery, and God at my core. One bad decision would put me right back where I was.

Last month, I walked back into Sheridan. But it was not to be placed behind bars. It was to minister to those who were there. It wasn't the first time I've gone there to speak since I got released. But I was the first ex prisoner they've ever had speak. And it's because of the ministry God has built for me. I was invited to the 2016 State of the Union address. Real Leaders magazine named me one of their 100 Visionary Leaders of 2018. I've been featured in Newsweek, HLN, Fox News, The Steve Harvey Show with Dr. Drew, The Chicago Tribune, USA Today, and more. I have a book that thousands of people have read (From Dope to Hope). I speak nationally and help guide people into recovery. A&E aired a special about my work called DopeMan. I am the national outreach director for Transformations Treatment Center. But it's not me. It's Him. God speaks through me, and any resulting good thing is because of Him.

**7. Where there is life, there is hope.**

I'm known for saying, "Where there is life, there is hope."

If you are wondering if there is hope for you, look at my life. I lost everything. Only when I submitted my life and will over to God, did I find a love and purpose I never knew. And let me say, sobriety does not suck.

Recovery does not come like a hurricane, taking over everything you are in an instant. It comes like a gentle wave, that at first you might not notice. You have to be willing to walk into it, even when it feels unnatural. The road to recovery is not easy; it feels shaky at first. But it is the road to life. One choice, one day, one breath at a time—it doesn't matter if you are free or in prison for life, your life matters. My life had meaning—while behind bars. Yours can too. Cling to your recovery, and watch your heart and life change.

Learn more about Tim at [www.Tim-RyanSpeaks.com](http://www.Tim-RyanSpeaks.com)

*Tim is a recovering heroin addict, convicted felon, father, keynote speaker, and national thought leader on recovery and addiction. He is the national outreach director for Transformations Treatment Center, director of A Man in Recovery Foundation, and is regularly featured on national media for his truth-talking solutions to the opioid epidemic. His mission is to help one addict at a time find lasting recovery. See [www.Tim-RyanSpeaks.com](http://www.Tim-RyanSpeaks.com) and [www.TransformationsTreatment.Center](http://www.TransformationsTreatment.Center).*



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by: Jenni Schaefer

## WHAT I WISH I'D KNOWN AS A TEENAGER

Lessons Learned about PTSD and other Mental Health Problems: I worried about grades as a teenager. I mean, I really worried.

Today, I know this was not typical anxiety about school. Looking back, I struggled with obsessive-compulsive disorder and perfectionism. Among other things, I was obsessive-compulsive about never wasting time. Not. One. Second. Further, I was laser-focused on getting nothing but 100 percent of the answers right on everything.

I remember audio recording myself reading my textbooks aloud. Then, when doing "unproductive" things like walking to class or driving to the store, I could listen to my textbook recordings. OCD wouldn't allow me to talk with friends on the way to class, or to listen to music in my car, as these activities were deemed a waste of time.

My roommates in college were flabbergasted by this and my other behaviors. You're studying, yet again, on a Saturday night?

I wish I had known that this level of anxiety as well as isolation was a problem.

Little did I know, in the end, my grades weren't going to matter that much. If I could get all of that over-studying time back, I would put it toward what truly counts in life, like meaningful relationships. I'm not saying that learning isn't important. Memorizing my textbooks word for word wasn't necessary or productive. In fact, I barely retained anything that I learned from semester to semester. Part of the reason for this memory loss has to do with my next lesson learned.

I wish I had known that my relationship with food and my body wasn't normal.

I should have been diagnosed with anorexia nervosa in college, but most people were too busy giving me complements to notice that I was suffering with the mental illness with the highest mortality rate of any other. You look great. How do you stay so thin? However, my parents were worried, so I visited my college doctor who asked one so-called diagnostic question, "Do you eat?"

Yes, I ate, and the ironic thing about my eating disorder is that it wasn't truly about food, shape, or weight. Instead, anorexia was, in part, about that painful, unrelenting perfectionism. Restricting and bingeing helped, in the short term, to turn down the knob on anxiety, not to mention, to mask my underlying depression.

I was malnourished. My brain wasn't working. Back to my earlier point, this, in addition to the fact that OCD and perfectionism didn't find sleep productive, is why I didn't retain that information that I'd worked so hard to memorize.

I cannot fathom how I got by on so little sleep. I won't mention specific number of hours here, because I don't want to be triggering. When I speak in colleges, I have learned that, today, there is an even more rampant race to see who can sleep the least. Yet, research tells us that getting enough sleep is required for optimal learning and health. I didn't know that back then.

Something else that I wish my friends and I had understood, is the prevalence of sexual violence on college campuses.

Sexual violence can lead to posttraumatic stress disorder (PTSD), substance use disorder, depression, and other trauma-related problems. What I know now: if you have to ask yourself whether sex was consensual, it wasn't. By definition, the idea of consent means that you would know. This is a message many of my friends and I desperately needed to hear. If I had, when I experienced sexual assault with a boyfriend in my late twenties, I might have known to call it what it was.

Rape is rape is rape. I believe that we should take the "date" off of it, as "date rape" seems to minimize the assault. I'd later develop PTSD as a result.

Mental illness has knocked me down over and over again, and, importantly, with the support of professionals and loved ones, I have learned how to stand back up again, each time. Gratefully, I no longer struggle with OCD, nor PTSD. I have tools to deal with anxiety, ones that don't involve dieting, nor bingeing. Getting plenty of sleep helps. I have even learned to embrace this perfectly imperfect—and what I now see as wonderful—life.

Most of all, what I know now that I wish I could go back and tell my teenage self is:

You are not alone. Mental illness is real. You didn't choose it, but you can choose to get better. Help is available, and above all, healing happens.

*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).*





## HEALING LONELINESS WITH GAMBLING RECOVERY

*"To transform the emptiness of loneliness to the fullness of aloneness. Ah, that is the secret of life." ~ Sunita Khosla*

We all know what loneliness feels like. And each of us perceives this in our own unique way. Some equate loneliness with being alone. But while both offer opportunities for self-discovery and personal growth, loneliness is suffering, just as we did within addiction, and solitude of itself is simply being alone with added shame, and guilt, and need not involve a state of loneliness or emptiness either.

This involves a sense of loss and/or separation, and may come from many sources: loss of a loved one, departed from addiction, or the empty nest, illness, isolation, rejection, a major move to a strange place, etc. Or maybe being a shy person now in recovery, and lack of real social skills, can make one feel isolated and lonely. Maybe you've always been lonely, and you don't know why. It just feels like a piece of your heart is missing. For some people, loneliness can be a result of a childhood experience, that left them unloved and alone, and could be some of the roots to turning to addiction as well.

In 2002, after my release from a gambling addiction crisis center, my mom died not too long after, and it left a hole in my heart and soul, that was filled with emptiness and severe loneliness. Even though our relationship was a bumpy one for years, the loneliness at that time only strengthened its presence, until with help and therapy I was finally able to let it go. I'll always miss my mother, but I no longer feel that deep pain I lived with for so many years. Even after the years of physical and verbal abuse as a child and teen, I processed that and forgave her because I still loved her.

Involvement with others is the single most important factor influencing our health, well being, happiness and maintaining recovery. We humans have a strong need to experience personal connections. And any type of isolation causes psychological problems like fear, abandonment, loneliness, etc. And reaching out becomes more difficult. In our present world, advanced technology greatly reduces meaningful interactions with others. People become attached to their handheld devices, that provide only written words without a voice to communicate. This situation has become the norm, but it can lead to a sense of isolation with less time, or inclination, for really rebuilding meaningful relationships, especially when making amends and regaining others trust.

Revolutionary Psychologist, Robin Dunbar speaks of healthy interactions with others, and says "On their own, words are slippery things. It seems essential to have face-to-face interaction, if you're going to build a relationship with someone that has any meaning. You get more information from the way that someone touches you, about how they see you, and how they see the relationship between you than anything they could ever say."

Lonely people in recovery may feel no one cares, and some give up. But there are always ways to deal with loneliness. Most times it can be healed...Sometimes not. But it's always worth a conscientious try, as we know we never give up in recovery. Here are some ideas to help: **First**, accept loneliness as where you are now, not including shame or guilt. Then it's no longer your enemy. And if you work toward change with intention and commitment, it can bring a letting go of limiting beliefs, and lead to freedom and purpose in your life. **Second**, we need to communicate our thoughts, feelings, and any recovery roadblocks, so find someone who's willing to listen.

Maybe in your place of worship. Don't have one? Then get one. They have good hugs there too. Call your sponsor or a counselor, or even someone on your phone list of support. But no matter how you feel, reach out to a few trusted people and start communicating. Even if it's just a "hello" is a good start. **Third**, doing our inner work in recovery help address emptiness and feeling lonely, so even try talking to your loneliness. Search for answers to pinpoint the cause of your lonely feelings.

Is it a situation? We do have the power and seeds of change! So devise a plan with intention and commitment. Soothe your inner pain, and continue your inner work with patience and faith for healing. If it's from a slip or relapse, ask yourself what you can learn, and how you can grow from the experience.

Con't Page 22

*"Hilarious. Uplifting."*

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**SATURDAY, JUNE 2ND 2018:** Sober Dance at the Burbank Group. \$10 suggested donation. 3217 Winona Ave., Burbank California.

**FRIDAY JUNE 8TH, 2018, FOUNDER'S DAY CELEBRATION:** Celebrating the 83rd Anniversary of the founding of Alcoholics Anonymous. Also celebrating the 69th year for the Valley Lodge men's sober living. Potluck dinner starts at 6:00pm with a speaker meeting starting at 8:00pm. 446 N Varney St., Burbank, California 91502.

**SATURDAY, JUNE 9TH 2018:** Bridge To Nowhere Hike, 7:AM Join us for one of the best hikes in So Cal! This is a 4.5 mile hike, out and back (9 miles total), of mostly flat terrain (with stream crossings to cool off). Meeting at 7 AM in the parking lot of CVS Pharmacy at 101 West Foothill Blvd., Azusa, California 91702, and carpool/caravan to the start of the hike about 20 miles away. You will need a Pass if you park at the start of the hike! More info Adrian at (909) 538-6231.

**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, 9:30-11:AM:** CEA-HOW, 7600 Reseda Blvd., Reseda California 91335, Back room of Denny's Restaurant. Corner of Saticoy St., and Reseda Blvd. Please contact Bryce, at (818) 621-2130.

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

**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. Free parking in the garage beneath studio. 8920 Sunset Blvd., Ste 200B, W. Hollywood, CA 90069. 7th Tradition. No One turned away for lack of funds. All levels and experiences welcome.

#### UPCOMING

**SATURDAY JULY 21ST 2018:** Sober Dance at the Windsor Club. 10pm to 1:30am, \$8 suggested donation. 123 West Windsor Rd. Glendale, California.

**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)

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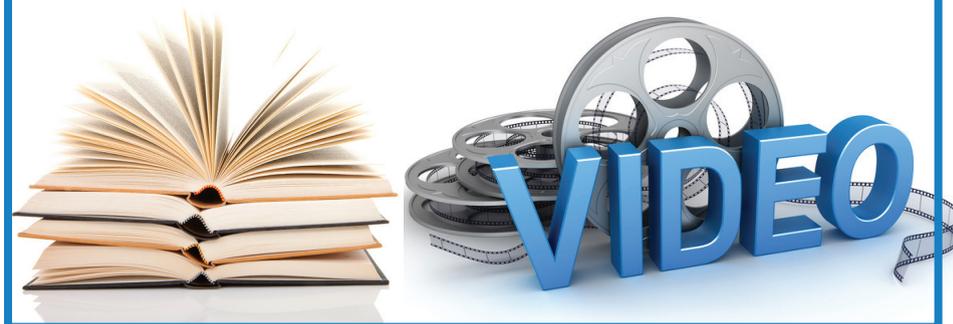
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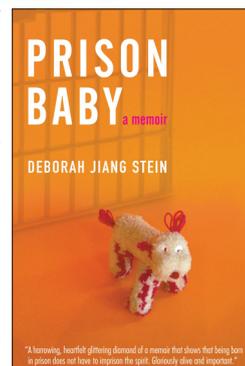


**PRISON BABY, a Memoir:** Author, Deborah Jiang Stein. Published by Beacon Press. Deborah Jiang Stein tells her story, from her birth in a prison, to redemption from a tortured soul, leaving no part untold. She is fearless in her exposure of her feelings, her experiences, her thoughts, and her life.

Deborah did the work needed to begin the healing, then she found her purpose, and ultimately a way to continue the lifelong healing of herself while helping others. Her endless visits to prisons, where she helps women start the process of healing themselves, by talking about her journey, and asking them to put it down in writing (unPrison Project - a nonprofit -Building capacity for women and girls in prison [www.unprisonproject.org](http://www.unprisonproject.org)), left me thinking, "What more can I do".

I cried when I read this line in her book: "Every human being is worthy of love no matter what's happened, where we come from, or where we've been". She also writes about something very close to my heart, HOPE, and the belief that no one is beyond help. She goes on to talk about the entrapments of finding happiness, the "When I" objectives that never end, and do not always bring what we had hoped for. The peace and contentment Deborah finds, after working so hard to fight the darkness, is inspiring. She talks about the "NOW", about gratitude, and about living life on life's terms. I learned so much from my reading of this book, but my most valuable take away: not to let my purpose overwhelm my life.

Healing is a life long process. Learning to live with sorrow and grief, allow us to move forward and live in the moment of our day to day joy. Deborah Jiang Stein is a spiritual warrior, and my new hero. I hope to meet this incredibly inspiring woman some day. Please take the time to read this book, your life will be better for it. I give this book Five Stars. Available at Amazon.com

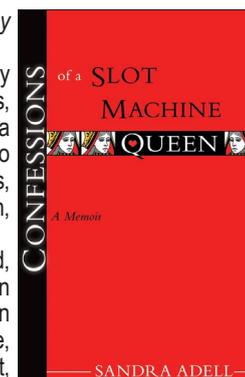


**CONFESSIONS of a SLOT MACHINE QUEEN, A Memoir.** Written by Sandra Adell. Published by Eugenia Books.

The global economic crisis deepens each day, yet the gambling industry continues to rake in enormous profits as people everywhere pump billions, into slot machines in the hope of winning the ever elusive jackpot. Sandra Adell gives us an intimate look into problem of compulsive/addicted casino gambling, and the impact the casino industry has on vulnerable communities, the poor, the working class, the disabled, communities of color, and women, the fastest growing population of problem gamblers in the United States.

Sandra's story of gambling and loss starts with her history as an unwed, uneducated teen mother from Detroit who beat the odds, and went on to earn a Ph.D. and a coveted position as a literature professor in a major Midwestern university. After having achieved so much; in a clear easy to understand style, Sandra describes how she went from having no interest in gambling and yet, one trip to the casino nearly ruined her life. She went on to risk everything she had worked for after playing the slots and winning a small jackpot. We watch as she struggles against the pulling desire of the slots, only to get seduced time and again until she finally spirals out of control, and is forced to confront the demons that lay beneath the surface of her professional persona.

This book is as much a story of redemption as it is a critical examination of the casino gambling industry, and the potential dangers of this high-tech form of entertainment. Sandra hopes that by telling her whole story others will see that you can improve your life, and if you are strong enough to do that you can stop the demons trying to get you to ruin your life. A must read. Available at Amazon.com



**THE ONE THING THAT CHANGED EVERYTHING.** Contributions from 38 prominent individuals. Published by Lessons From Network.

This book is a conglomeration of specified information, from a variety of extremely knowledgeable professionals exposing different avenues, which helped them to achieve greatness from within. Every one of these successful individuals had a defining moment, thing or occurrence that solidified their path to achieve a fulfilling life. One solitary event changed their lives, and in turn they help others searching for a solution.

As a perfect example Daniella Park, whom we know personally, has exhibited this inner resilience to become an accomplished Speaker and Advocate for the recovery community. She did not let her addictions hinder her in achieving her goals, of becoming an entrepreneur amongst other accomplished vocations. She had to endure a severe physical condition coupled with a given opportunity to receive a "God Shot", that helped her to find a group of men and women searching for the same solution. That was her pathway to finding a higher power, she experienced the one thing that helped change everything. I love inspirational life stories such as these, it shows you that all things are actually possible.

This is a must read for anyone that has a desire to become the person they were created to be, it touched my spirit and gave me more drive to reach my individual goals.. Available at Amazon.com.



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



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# Classified Ads

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**12 STEP STORE FOR SALE:** Twelve n' Twelve, in West Los Angeles, has been in business or over 25 years. The owner is retiring very soon. Great website may or may not be included. Looking for the right person to take over. Qualified buyers call Keate (310) 207-8895.

## HELP WANTED

**RIDGEVIEW RANCH TREATMENT CENTER IS ACTIVELY HIRING FOR THE FOLLOWING POSITION:** Resident Technicians to provide care and support to our clients. Experience in substance abuse field preferred. Please send resumes and cover letters to [jobs@ridgeviewranchca.org](mailto:jobs@ridgeviewranchca.org).

**WANT A JOB IN RECOVERY? SHARE! IS HIRING.** To apply, please send your resume and a cover letter detailing your passion for self-help support groups, your personal experience attending self-help support groups and why you want to work at SHARE! to: [jobs@shareselfhelp.org](mailto:jobs@shareselfhelp.org). See more info at [www.shareselfhelp.org](http://www.shareselfhelp.org). Under Programs/Jobs.

**MALE LIVE-IN SOBER HOUSE MANAGER, PART-TIME** Christian sober living home in Pomona, California. Basic understanding of the Christ Centered Recovery process and behavior associated with substance abuse. Minimum of 3 years of sobriety and 2 years' experience around sober living environments. Lodging in exchange for work. For more information or to send your cover letter and resume email Rob at [redmon@homesofpromise.org](mailto:redmon@homesofpromise.org) or call (909) 762-2869.

## INCOME TAX PREPARATION

**NEED HELP CLEANING UP THE WRECKAGE OF YOUR PAST, FREEDOM FROM FEAR OF FINANCIAL INSECURITY?:** Individual, LLC, Partnership, and Corporate Tax Returns. IRS, FTB, BOE, EDD All prior years and payment plans. Donald J Anspauch, Jr, IRS Enrolled Agent, [www.daddydon.com](http://www.daddydon.com). (323) 656-7532, email [donald@daddydon.com](mailto:donald@daddydon.com).

## SOBER LIVINGS

**12STEP SOBER LIVING.ORG:** Sunland Area, men's, shared rooms, \$140 week / \$20 day. Phone, Cable, Internet, TV in every room and all the coffee you can drink! [www.12stepsoberliving.org](http://www.12stepsoberliving.org). Joel & Lisa Moss (818) 293-2222.

**A STEP IN THE RIGHT DIRECTION** Luxury Sober Living Homes, Gender Specific and Pet Friendly. Call (855) 975-4357, [www.AStepintheRightDirection.org](http://www.AStepintheRightDirection.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](http://www.MiraclesinAction.com)

## SOBER LIVINGS

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

**PROSPEROUS ROSE SOBER LIVING HOUSE LLC:** Prosperous Rose Sober Living For Men: Structured sober living house. For men in Lakeview Terrace minutes from Hansen Damn. 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.*

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

CLASSIFIED AD HEADING : \_\_\_\_\_

Classified Ad Content: \_\_\_\_\_

\_\_\_\_\_

Billing Address: \_\_\_\_\_

Contact person: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Email To: [info@keystorecoverynewspaper.com](mailto: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 Dept. 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 Satcoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135.

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

**Los Angeles Food Bank** (323) 234-3030.

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

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

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

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

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

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

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

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

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

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

## INFORMATION & REFERRAL SERVICES

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

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

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

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

**Sober Living Network** (310) 396-5270.

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

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

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

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

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

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

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

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

# Vital Services Resource Guide

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

## DISABILITY SERVICES

**Job Accommodation Centers**, Toll Free (800) 526-7234 (voice & TDD).  
**RIDE INFO** Paratransit Referral Service, transportation voucher program, (800) 431-7882.  
**Social Security & Medicare Eligibility**, Info (800) 772-1213, TDD (800) 288-7185.

## HOMELESS SHELTERS & RELATED

**At The Fountain** Transitional Living (310) 631-1600.  
**Beyond Shelter**: Homeless Services (562) 733-1147.  
**Casa Youth Shelter** (562) 594-6825.  
**Centennial Place Permanent Housing** (626) 403-4888.  
**Children of the Night** (818) 908-4474 ext. 0.  
**Children's Hunger Fund** (818) 899-5122.  
**City of Refuge** Rescue Mission Personal Good Service (323) 759-2544.  
**Covenant House California** (CHC) provides shelter and services for homeless, at-risk, & trafficked youth 18-24, 1325 N. Western Ave., Hollywood, CA 90027. (323) 461-3131. www.covenant-housecalifornia.org  
**Dimondale Adolescent** (323) 777-6258.  
**East San Gabriel Valley** Coalition For The Homeless (626) 333-7204.  
**Ella's Foundation** Homeless Services (323) 761-6415.  
**Fervent Heart LLC** (626) 319-7479.  
**Family Promise of Santa Clarita Valley** (661) 251-2867.  
**Family Rescue Center** (818) 884-7587.  
**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.  
**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.  
**HPRP Los Angeles** Homeless Assistance (213) 683-3333.  
**HPRP Pasadena** Homeless Services (626) 797-2402.  
**HPRP Huntington Park** - Homeless Services (323) 388-7324.  
**HPRP Lynwood** - Homeless Assistance (310) 603-0220.  
**HPRP Compton** - Homeless Assistance (310) 605-5527.  
**Habitat For Humanity** (818) 899-6180.  
**Harbor Rose Lodge** (310) 547-3372.  
**Hazel Transitional Housing** (213) 327-7986.  
**Higher Goals Inc.** (323) 755-9702.  
**Homeless Health Care** Los Angeles www.hhcla.org, (213) 381-0515.  
**Homeless Adult Center** (626) 403-4888.  
**Hope for Homeless Youth** (213) 353-0775.  
**House of Hope** (323) 663-1215.  
**Hope of The Valley:** (818) 392-0020, www.hopeofthevalley.org  
 December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776.  
**Jenesse Center** (323) 299-9496.  
**Joshua House For The Homeless** (323) 759-1625.  
**Jordan's Transitional Shelter** (323) 577-5941 or (424) 785-7781.  
**Lillie of the Valley Shelter** (323) 971-4432.  
**Lamp Community** Homeless Drop In Center (213) 488-0031.  
**Los Angeles Mission** (213) 629-1227 x305.  
**Long Beach Family Shelter** (562) 733-1147.  
**Long Beach Rescue Mission** (562) 591-1292.  
**Los Angeles Youth Network** (323) 957-736.  
**Los Angeles Family Housing** (818) 982-3895.  
**Mitchell House Substance Abuse Treatment** Veterans (310) 398-0191.  
**Nancy Painter Home Transitional Housing For Women** (818) 246-5586.  
**New Image** Emergency Shelter (323) 231-1711.  
**New Directions** (Veterans) Res. Drug Treatment (310) 268-3465.  
**NCH National Coalition for the Homeless** (202) 462-4822, www.nationalhomeless.org  
**OPCC Safe Haven** (310) 883-1222.  
**Passageways Homeless** Intake Center (626) 403-4888.  
**Pentecostal Outreach** (562) 313-1257.  
**PATH: People Assisting The Homeless** (323) 644-2200.  
**Rochester House Transitional Living** (213) 986-5599.  
**Runaway Homeless Youth Shelter** (310) 379-3620.  
**Rainy Day Emergency Shelter** (562) 733-1147.

## HOMELESS SHELTERS & RELATED

**S.P.Y. Safe Place for Youth:** Supportive Services for Homeless & At Risk Youth. Drop in Services, meals, hot showers and clothing. 2469 Lincoln Blvd., Venice, CA 90291 (310) 902-2283.  
**The Salvation Army Adult Rehab Center**, 21375 Roscoe Blvd., Canoga Park, (818) 883-6321.  
**Salvation Army** The Way Drop in Shelter for Youth (323) 469-2946.  
**Salvation Army Westwood** (310) 477-9539.  
**Sunshine Mission** for Women (213) 747-7419.  
**Salvation Army** Glendale Chester Village For Homeless Families (818) 246-5586.  
**St Joseph Center Homeless** Services & Meals (310) 399-6878.  
**Sanctuary of Hope** (323) 786-2413.  
**Samaritan House** (562) 591-1292.  
**San Fernando Valley Rescue Mission** (818) 785-4476.  
**The Midnight Mission** (213) 624-9258.  
**The Children's Life Saving** (310) 450-3701.  
**TEAM HOUSING** (310) 631-9516.  
**Union Rescue Mission** (213) 347-6300.  
**Union Station Homeless Services** (626) 240-4550.  
**U.S. Mission Canoga Park Transitional Housing** (818) 884-4409.  
**Volunteers of America** Homeless Support Services (626) 442-4357.  
**West Side Homeless Outreach, Inc.** (310) 570-9065.  
**WLCAC Homeless Access Center** (323) 563-4721.

## DOMESTIC VIOLENCE

**Amanecer/Community Counseling Services** (walk-in center only) (English, Spanish) (213) 481-1792.  
**Battered Women/Children Hotline**, (818) 887-6589.  
**Bienvenidos Children's Center, Inc.** (walk-in center only) (323) 726-9790.  
**Bilingual Shelter for Victims of Domestic Violence**, (800) 548-2722 (24 Hour).  
**Center for the Pacific Asian Family** (800) 339-3940.  
**Chicana Service Center** (English, Spanish) (323) 268-7564.  
**Child Protection Helpline**, (800) 540-4000 (24 Hour).  
**Children's Institute International** (walk-in center) (213) 385-5100.  
**Domestic Violence (SAFE)**: (800) 799-7233 Crisis Hotline.  
**Domestic Abuse Center** (walk-in center only) (818) 904-1700.  
**East Los Angeles Women's Shelter:** (walk-in center only) (323) 526-5819, 24 Hour Hotline (800) 585-6231.  
**Family Crisis Center** (South Central): (323)737-3900.  
**Glendale: YWCA** Domestic Violence Project (818) 242-1106.  
**Haven Hills:** www.havenhills.org (818) 887-7481 (818) 887-6589.  
**Helpline Youth Counseling** (walk-in center) (562) 864-3722.  
**House of Ruth** (909) 623-4364.  
**Human Services Assoc.** (walk-in center) (562) 806-5400.  
**Institute for Multicultural Educational Services I.M.C.E.S** (walk-in center only) (213) 381-1250.  
**Jenesse Center** www.jenesse.org (323) 299-9496.  
**Jewish Family Service** of Los Angeles/ Family Violence Project/ Tamar House www.jewishla.org (818) 789-1293.  
**Foothill Family Services** (walk-in center), (626) 338-9200.  
**Legal Aid Foundation of LA (LAFLA)** (323) 801-7991.  
**Mental Health Center Inc.** SFV Community (walk-in center only) (818) 838-1352.  
**National Domestic Violence Hotline:** (800) 799-SAFE (7233)  
**Project Peacemakers, Inc.** (walk-in center only) (English, Spanish) (323) 291-2525.  
**Prototypes** (walk-in center only) (323) 464-6281.

## DOMESTIC VIOLENCE

**Safe Horizons** (800) 621-4673 (HOPE).  
**San Pedro**, Rainbow Services: (310) 547-9343.  
**Santa Monica**, Sojourn: (310) 264-6644.  
**So. California Alcohol & Drug Program/Angel Step Inn:** www.scadp.org (562) 949-5358.  
**The Good Shepherd Shelter:** (323) 737-6111.  
**YWCA of San Gabriel Valley** www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

## RAPE HOTLINES

**RAINN Hotline** (victims of sexual assault) (800) 656-HOPE.  
**Rape Hotline** (24 Hours) (800) 585-6231. www.elawe.org  
**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)  
**S.A.F.E LA** www.safela.org/rape-and-sexual-assault  
**Stalking Hotline** (877) 633-0044 (Stalking Hotline)

## SUICIDE PREVENTION

**Jason Foundation A Youth Suicide Prevention Program**, www.jasonfoundation.com, (888) 881-2323.  
**National Suicide Prevention Lifeline** (800) 273-TALK  
**Suicide Prevention 24Hour Assessment Center** (800) SUICIDE (784-2433).  
 Suicide Prevention Center (877) 727-4747.  
**TEEN LINE:** Teens Helping Teens US & Canada (800) TLC-HOPE or (310) 855-HOPE www.teenlineonline.org

## HEP C / HIV / AIDS INFORMATION

**AIDS Project Los Angeles - APLA**, Los Angeles - **HEP C - APLA**, www.apla.org, The David Geffen Center, 611 S. Kingsley Dr., Los Angeles, CA 90005, (213) 201-1600 Main line, (213) 201-1500 Client line  
**Asian Pacific AIDS Intervention Team:** (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen, 1730 W Olympic Blvd., #300, Los Angeles, California  
**Clean Needles/Harm Reduction LA** (323) 857-5366.  
**Friends of Aids** Foundation (310) 401-4755. Referrals to **HIV/AIDS Hotline** (800) 367-2437. Spanish (800) 400-7432.  
**HepCHope:** www.hepchope.com Hotline (844) 443-7246.  
**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.  
**On-Line Resources for Hep C:** www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

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## Freedom from Bondage

**CON'T FROM PAGE 8**



Soon after, I published my first book “From Felony to Fitness to Free,” to inspire people to make the most of their second chance, and turn a negative into a positive. I dedicated the book to Eric and rightfully so. I now also train and coach people who suffer from drug addiction. It’s something I love doing and wouldn’t change it for the world. If that isn’t paying it forward, I am not sure what is.

I get asked often if I still communicate with Eric. We exchanged letters for a while, and even ended up meeting up to work out together a few times while he was on parole. But, he unfortunately relapsed and was in and out of jail shortly after. It crippled me at the time. I told him about the book and how I had dedicated it to him. He was so taken back and proud. He still hasn’t found his way yet and now says I am his motivation. It’s funny how things work out sometimes. I pray that he finds his “Eric,” that helps him transform his life.

*Doug Bopst is an award-winning personal trainer, author, speaker and business owner. He is a former felon and drug addict, sentenced to years in jail due to his poor decisions.. He is the author of two books: “From Felony to Fitness to Free” and “Faith Family Fitness”. He has appeared on WBAL, WJZ, ABC and FOX 45, as well as being a recurring guest on National Substance Abuse Expert Mike Gimbels “Straight Talk”, show discussing fitness for addiction recovery. He’s also been featured in the Baltimore Sun, PFP Magazine, Towson Times and voted as one of Baltimores 12 Fitness Heroes in 2015.*

## The Journey Continues

**CON'T FROM PAGE 10**



The lighting has been dimmed in the ballroom, but a spotlight remains on me, making it impossible to make out faces in the crowd. The men are all donning island formal wear; bright Hawaiian shirts, while the women are wearing equally colorful native dresses. I hear the clinking of coffee cups.

How ironic I’m thinking, that a former drunk and drug addict is now standing before this upscale crowd with a story they all seem eager to hear. A bottle of mineral water has thoughtfully been placed on the lectern shelf for my consumption. I raise it to my lips, take a swallow and begin. “My name is Gary, and I know I don’t look like one, but I’m an alcoholic.”

*Gary Stromberg co-founded GIBSON & STROMBERG, a large and influential public relations firm of the sixties and seventies. The company represented such luminaries as The Rolling Stones, Pink Floyd, Muhammad Ali, Barbra Streisand, Boyz II Men, Ray Charles, The Doors, Earth, Wind & Fire, Elton John, and Crosby, Stills, & Nash.*

*He also spent time in the film business where he co-produced the motion pictures Car Wash and The Fish that Saved Pittsburgh. He’s also written three books, The Harder They Fall and Feeding the Fame and a third book for McGraw-Hill Publishing, entitled Second Chances.*

*He’s currently writing a fourth book, She’s Come Undone. He also runs The BLACKBIRD Group, a small public relations firm in Marina del Rey, California. Contact: gary.stromberg@gmail.com”, (203) 984-4836, www.garystromberg.net*

## Quit to Win

**CON'T FROM PAGE 15**



Find ways like hobbies to dig out of any isolation. And when you are ready, affirm your strength in recovery, and give loneliness and emptiness permission to leave. Change it to gratitude, or replace it with a period of healthy solitude where you can communicate within acceptance.

You’ve never been separated from this inner love, gratitude, and comfort, it will sustain you now in recovery and overcoming loneliness. And allow yourself to receive love, peace, and serenity! Loneliness and feelings of emptiness will have nowhere to live, and it will leave you so you can continue your recovery path and “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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