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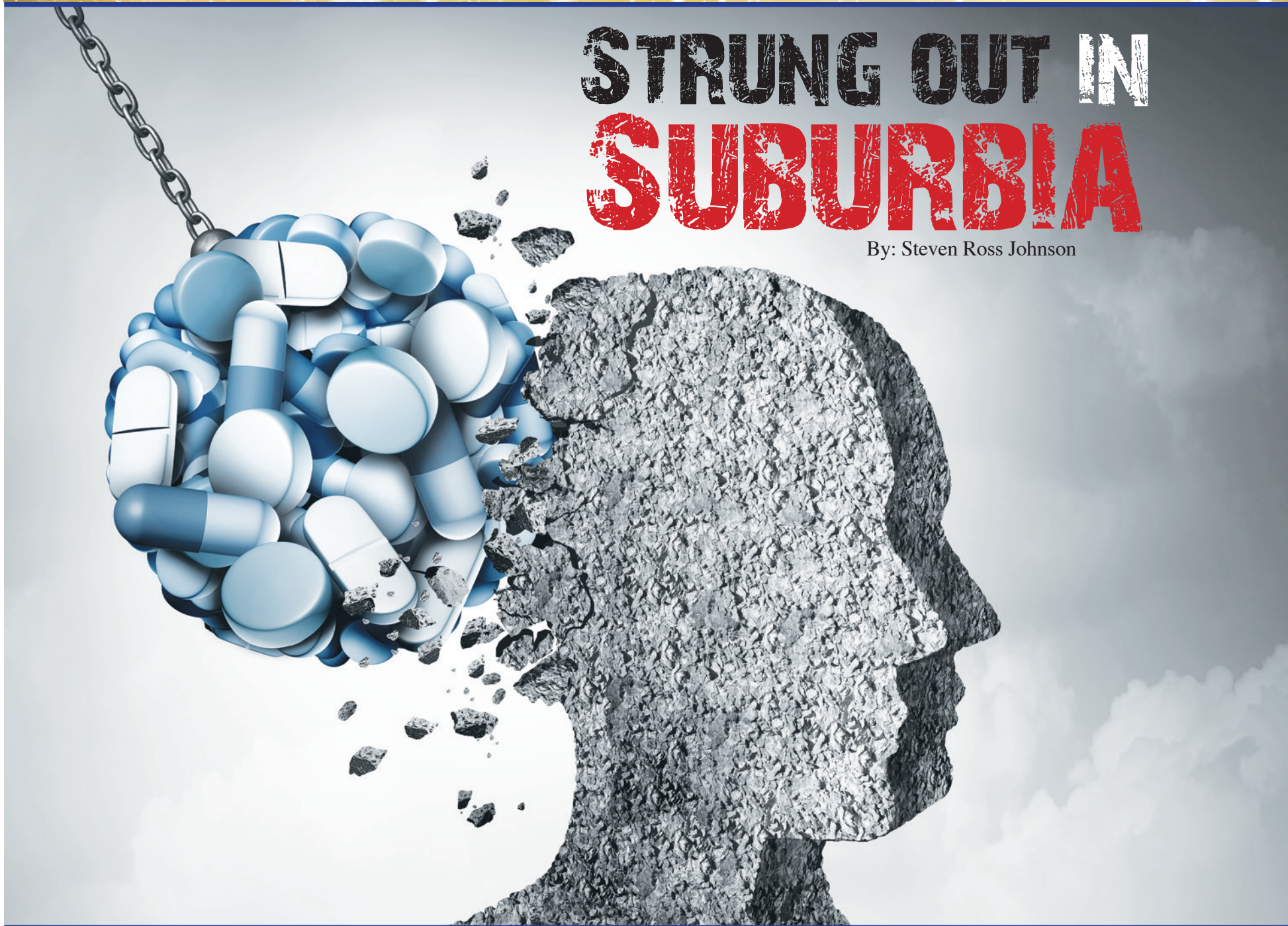
July 2018

# KEYS TO RECOVERY — NEWSPAPER, INC. —

Special Anniversary and Awards Issue

## STRUNG OUT IN SUBURBIA

By: Steven Ross Johnson



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of Life**  
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**Think  
Twice**  
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**Love is Always  
The Answer**  
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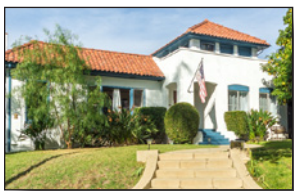
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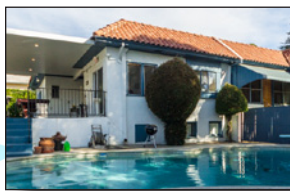
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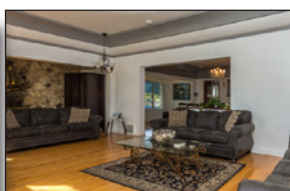
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# About Us

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Happy 4th of July! July is a month where we love to celebrate freedom in the United States. And yet how many of us are truly living free? No, I am not going to get political, I am talking about really living free. When we stop drinking and using mind altering substances, we experience a new sense of freedom. However as we stay clean and sober, the joy of being free from addiction can start to fade. We start getting down to causes and conditions, and we realize the "freedom" is not as complete as we first thought.

We have to work hard on changing behaviors, that no longer work for us in this new life of sobriety. We look at other addictive behaviors (eating disorders, gambling, smoking, etc.), and realize as we release these addictions, we can experience even more freedom.

Some of us go on to practice new, or forgotten principles based on spiritual beliefs, and experience even more freedom than we thought possible. We learn that forgiving ourselves and others, will bring us even more peace and yes more freedom.

The greatest freedom that I have found is "freedom from self". The price for this level of freedom, is to learn to live outside of our own wants and needs. Learning that God will take care of our needs, giving us the freedom to help others. This is not always easy, as we have to fight our fears, real and imagined. I believe fear is one of the ultimate freedom stealers.

Part of the "Saint Francis" prayer reminds me how to get this type of "freedom from self", and finally, freedom from fears:

**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.**

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

Hello to each and everyone of you, we appreciate that you are reading this editors column. This month of July is about reflections of the past and future possibilities, we are having our 4th year Anniversary of publication, and Awards presentation for "Outstanding Contributions to the Recovery Community".

We have had some remarkable recipients of the awards: Dr. Joanne Barron and Dr. Allen Glass, Roz and Ritchie Annenberg, these individuals over the years have been modestly working with thousands, to help them regain their lives back. We are truly blessed to be involved with this heartfelt endeavor, witnessing sons and daughters reuniting with their families, and discovering their true potential.

Last year we asked if Peggy Albrecht of Friendly House would accept an award during our 4th Year Anniversary/Awards Dinner, and she graciously accepted. Unfortunately, this wonderfully selfless woman who gave so much of herself to all of the women she encountered, by helping them regain their integrity through sobriety passed away on April 7th, before we had the privilege to present her with the award.

Monica Phillips will be accepting the award on her behalf, who Peggy loved and admired entrusting her to carry on the legacy!! Jack Bernstein of Cri-Help is our other recipient, he has been instrumental in carrying on the tradition that was built on a solid foundation of ethical practices, established from its very beginning.

These two combined have given almost eight decades of hope and recovery to countless individuals, what a truly mind-boggling accomplishment. I for one I'm very thankful to personally know and be apart of the work they have tirelessly dedicated their lives to, what an incredible legacy to be recognized and remembered for.

I am looking forward to Keys to Recovery continuing to set the bar higher, each year promoting more individuals through book signing events, which display the works of the gifted writers. Annually recognizing and awarding recipients for contributions to the recovery arena, while we celebrate another year of publication with our family, friends and associates.

This has been an ever-increasing joy being part of a love inspired recovery newspaper with one main objective, which is to bring Hope and Recovery from all types of addictions and disorders to as many people as possible. We want to thank you all from the bottom of our hearts for all of your support, until we come together again may God bless you. - **Marcus Marshall, Vice President & Cofounder**



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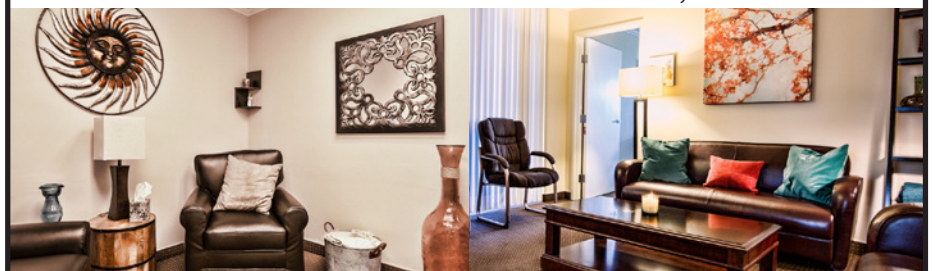
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by: Gary Sherwin

## PRINCIPLES

A principle may simply be defined as a rule or code of conduct by which to live.

We all have principles in our life, whether we know it or not. I wasn't aware of them, but they were there, subconsciously in the background, directing my decision making process and behavior every day. I never paid any attention to them, I never questioned them, I didn't know I could change them, or that I even had any decision making power over them. My "RULES" ruled me. They had power over me. They drove me. Like Popeye, (I am what I am), I thought they were who I was.

After working the 12 steps in AA with my sponsor, I was able to change my principles to be more in line with how I decided I wanted to live. One of the first principles I learned was, "What I do, speaks louder, than what I say".

The 4th step suggests we take a searching and fearless moral inventory, listing all our resentments. That was easy. I had been wronged by so many people, in so many different ways, I quickly came up with a list of well over 50. I had always found a reason for my misfortune. It was easy to find someone who was at fault for treating me so badly. I was the victim of their mistreatment. I deserved better.

As I worked through the step, it didn't matter if I was 5, 15, 25 or 35 the pattern was the same. People, were just not doing it the way I wanted them to. Once acknowledged, I had to take responsibility for that. Acknowledging that "my problems are of my own making", I became aware of my victim mentality. I realized I needed to become accountable and responsible for every decision I had ever made, or will make in the future. That was powerful.

I could no longer blame anyone for any of my "problems". I could have no more resentments, no more regrets, no more anger. This awareness empowers me. The principle I learned here was, "To be accountable and responsible for all my actions."

It says in The Big Book there are three things that are indispensable in getting sober, Honesty, Openness and Willingness (HOW).

I was willing (that was key) and I made a decision to be open, but honesty was something I had to practice. I hadn't ever been totally honest with anyone. And the first person I needed to be honest with was me.

The first time I was questioned about something, I would always lie about it, I was afraid to tell the truth. It took a lot of courage for me to try it. The response I feared hearing from the person asking the question was highly critical, shameful and demeaning to me.

In the face of their expected critical response, I took a deep breath and told the truth any way. Amazingly (to me) their response was understanding, supportive, inclusive, non-judgmental and non-critical.

YES, my first win for telling the truth. So I continued to tell the truth, about myself to myself and to others, what a concept. It's not always easy for me to admit these shortcomings in my character, and make efforts to stop my bad behavior, however, when I do this, my world around me begins to change for the better. The principle I learned here is, "Continue to take a personal inventory, and when wrong, promptly admit it".

Each step has a principle by which to get, stay and live a sober life, free of the addiction, obsession, and craving that substance abuse causes. If you are painstaking about this phase of your development, the promises listed in the 9th step will come true for you, as they have for millions of others.

If you're unhappy with the way your life is going, look at your actions. Take responsibility. Become accountable. Ask yourself, "What benefits do I get from my actions, and what principles are directing my behavior"? Maybe it's time to make a change.

It takes courage to change. The 10th step says in part, "Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime...Love and tolerance of others is our code". By incorporating the principles of the 12 steps into your life, one day at a time, your life will change forever for the better, I promise. If I can do it, you can do it too.

Gary Sherwin is a graduate with distinction of UCLA's Drug and Alcohol Abuse Counselor certificate program, a trained Intervention Specialist and a Sober Coach, and Companion. He is in personal recovery since 2001, and incorporates the principles of the 12 steps in all his affairs. He considers himself to be an authentic, transparent and vulnerable human being, sharing his life changing experience with his clients, and all with whom he comes in contact. For more information on Gary, you can reach him through his website: [www.sobersolutionsusa.com](http://www.sobersolutionsusa.com) or call him at 805-267-9184.



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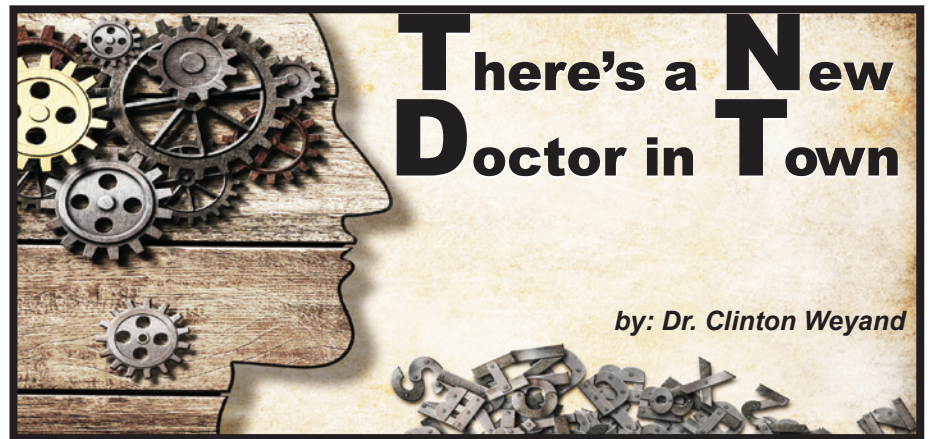
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# There's a New Doctor in Town

by: Dr. Clinton Weyand

## GROUP AGREEMENTS, SUGGESTIONS & GUIDELINES

Dear Dr. Clint:

Are there any basic rules for process groups in Recovery? I know that the process groups are very different from the AA Meetings. Sincerely, Sharon

There is a good deal of variation in the different Recovery Groups. Compare this list with your current group.

1. **ATTENDANCE:** We are committing to showing up to all the group sessions. If we miss too many sessions, it creates a lack of stability and influences group norms. For many, this will be the most important group in our life.

2. **CONFIDENTIALITY:** Usually, we say "What is said in this room stays in this room. Unfortunately, boundaries do get violated, but always remember, loose lips sink ships. There is usually a no-gossiping rule which helps us trust one another.

3. **SAFETY:** We need everyone's cooperation to have an emotionally safe group. Many people have trauma issues which must be handled with sensitivity, empathy, and effective support. Feeling grounded and centered when sharing is important. Of course, there is zero tolerance for verbal or physical abuse.

4. **PARTICIPATION:** In the ideal situation, everyone feels comfortable enough to fully share...intellectually, emotionally, and spiritually. If there are too many loners and too many "monopolizers", then everyone loses. During a high-functioning group, there is a process of synergy which is truly enlivening and exciting.

5. **HONESTY:** We are here in Recovery to tell the complete truth. "The Truth Will Set You Free, but it might first make you Miserable." Try to remember that an effective facilitator is trying to support you, and not wishing to "rip off your mask".

6. **RESPECT:** Everyone in the group should feel respected and not judged. Many groups have specific variations like:

**A.** Caring Enough to Confront **B.** Making only "I" statements **C.** If anyone feels less or diminished by the intervention, practice again at a later date.

7. **QUESTIONS:** There are no dumb questions or wrong answers. Be careful with too many opinions which avoid feelings.

8. **STAYING ON TASK:** We are here to talk about a program of recovery. There are different items and different forms of the group. Discuss with others which type of group is currently most effective for you.

9. **PUNCTUALITY:** The group starts on time and ends on time. Always being late is usually a statement that your program is in jeopardy.

10. **ABSTINENCE:** Group members are expected to fully participate in a high-quality manner, and to be fully sober. Different groups have various policies for dealing with members who struggle with these issues. For those persons in the pre-group stage, the following suggestions are useful:

Members should be active in the process of deciding if the meeting or group is right for them.

Go to many meetings and groups to find those that fit you. If you are considering Rehab, do all the educational research you can do.

Members need to know many of the specifics, and philosophical orientations before committing to a group or meeting.

Members need to decide if the group leader is emotionally available, and appropriate for their needs.

Members need to prepare themselves for the upcoming group, by reflecting on what they want from the experience, and how they can attain their goals.

Problems can arise if potential members:

1. Are intimidated or unduly coerced into staying with a group that doesn't fit them.

2. Do not have adequate information about the nature of the group and thus do not know what they are getting themselves into.

3. Are passive and superficially compliant about attending the group.

**Suggested Reading: Theory and Practice of Group Therapy, Irvin Yalom and Group Psychotherapy with Addicted Populations, P. Flores**

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

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by: Jenni Schaefer

## YOU ARE WHAT YOU EAT THE MIND-BODY CONNECTION IN MENTAL HEALTH

I was diagnosed with osteoporosis in my early twenties. Why were my young bones already losing tissue? Women who struggle with anorexia nervosa, like me at the time, are at a higher risk for developing the disease.

I also believe that my eating disorder may have contributed to my sluggish thyroid. Many people don't realize that the malnutrition in patients with eating disorders can lead to abnormal thyroid function.

An eating disorder is a serious, life-threatening mental illness that directly impacts every part of your body, from the hair on your head to the tips of your toes, and everything in between. After all, an eating disorder impacts eating, and, truly, we are what we eat.

Some additional physical effects of eating disordered behaviors are listed below.

### **Restricting:**

- Hair loss or thinning hair
- Dry and brittle nails
- Menstrual irregularities, which can contribute to bone loss
- Baby fine hair (lanugo) covering the body

### **Bingeing and/or purging:**

- Swollen salivary glands (appearance of "chipmunk cheeks")
- Sore throats and hoarse voice
- Tooth decay
- Acid reflux

### **Restricting as well as bingeing and/or purging:**

- Gastrointestinal problems like stomach pain and bloating, bacterial infections, and slowed digestion called gastroparesis
- Cardiovascular issues, including heart failure (Anorexia nervosa has the highest mortality rate of any mental illness. About half of these are sudden cardiac deaths.)

**Our mind impacts our body.** Over ten years after entering treatment for my eating disorder, I embarked on my second recovery. This time, I was battling posttraumatic stress disorder, PTSD. Since I no longer struggled with eating (full recovery is possible), I didn't think that PTSD would impact my physical health quite as much. Boy, was I wrong!

The chronic stress put on my body by PTSD took a serious toll. I developed a laundry list of physical problems, ones that I had never struggled with before, including costochondritis (a fancy word for inflammation of the cartilage in the rib cage), shoulder pain, recurrent high fevers, perturbed thyroid hormones (once again), interstitial cystitis (bladder pain), lower back pain, among many others.

### **The following are just a few of the physical problems associated with PTSD:**

- Musculoskeletal problems like chronic pain
- Gastrointestinal issues like bloating, heartburn, indigestion, gas, acid reflux and other irritable bowel problems
- Cardiovascular problems
- Compromised immune function

When I entered a treatment program for PTSD, I was surprised that, like me, every single patient suffered with back pain. Our group even began informal research, as we'd ask each new person who admitted, "Do you have back pain, too?"

According to one study, the National Center for PTSD reports that 51% of patients with chronic low back pain, also have PTSD symptoms.

The National Center for PTSD also shares that approximately 15% to 35% of patients with chronic pain have concurrent PTSD. Interestingly, only 2% of people who don't have chronic pain have PTSD.

For some with PTSD, the chronic pain is a direct result of their trauma (e.g., car accident or assault). Here, the pain can serve as a reminder of the traumatic event, which can understandably exacerbate PTSD.

**Our body impacts our mind.** So, in the same way that our mental health can impact our body, our physical health affects our mental health.

Con't Page 22

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by: Doug Bopst

## USING FITNESS TO BREAK FREE

Working out is a great outlet to battle addiction. It boosts the feel good endorphins, helps you to manage stress, and also helps to reduce anxiety, and depression. I had no idea how powerful a tool it could be until I was incarcerated. As, I had said last month, in the beginning of my stint, I was overweight and out of shape, and could barely do a pushup.

But, once I saw progress, I was hooked and addicted to working out (in a healthy way). What I have learned from being in the fitness business for almost eight years, is that many people react very similarly whether they struggle with addiction or not. Once they get the ball rolling with exercise and start to see some progress, they start to feel better about themselves. Positive feedback from achieving even small goals can generate improved self esteem, confidence, and most importantly hope.

Let's face it, addiction can wreak havoc on the body. It harms the biological systems that bring oxygen to the brain, and blood to the heart. We must first restore the body to its natural state. Exercise releases endorphins that boost positive feelings, and affect one's overall health. Exercise can also help facilitate moving into recovery as it reduces stress, and can act as a go-to coping mechanism, in place of the drugs and alcohol used previously.

You don't have to be in great or even good shape to get started either. The addictive mentality can unfortunately "stunt" us into thinking it's a "all or nothing". I encourage my clients to focus on just being better today than you were yesterday. To get started, just to focus on moving more, whatever that means to you. So, if you are someone who has never exercised before, it could be as simple as a 10 minute walk a few times a week and progressing from there. Maybe the next week you try a 12 minute walk and so on.

I think when getting started with exercise, we automatically put up these barriers that discourage us from even beginning. But, it doesn't have to be like that. The primary barriers are time, insecurity, injuries, and of course, motivation. Regarding time, sometimes you have to shift your priorities in order to grow. You have to make it a priority to do things that help you feel better about yourself, improve your health and change your life. Exercise is one of them.

As I said before, even if it's a 10 minute walk two or three times a week, it's far better than doing nothing and will give you something to build upon.

As far as the insecurity, try to focus on YOU. Remember, through all of this, concentrate on how far you have come and not how far you have to go. If the person next to you is more "fit" than you, it's okay. You're running your own race.

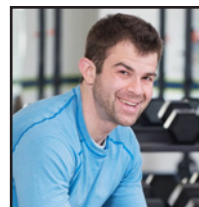
Commitment is everything in recovery. I learned commitment, dedication and the importance of believing in yourself from working out. Many addicts never think they are going to make it. They have absolutely no hope that their lives will get better than they are today. This hopelessness becomes a roadblock in their motivation to change. Exercising, for me and many others, was and continues to be a stepping stone to accomplishment, and knowing that things take time and perseverance.

Exercise also can promote goal setting, which we all know is very important. There are not many things more satisfying than setting a goal, and achieving it i.e., doing your first set of 10 pushups, or running your first mile.

And it also allows you to keep pushing yourself. Like drugs, you develop a tolerance to exercise in some fashion. Thus, you must continue to push yourself in ways that challenge you to become a healthier version of yourself. So if you do your first set of 10 pushups, push yourself to do a few more or if you run your first mile, set a goal to push yourself to run a bit further.

Finally exercise provides a healthy outlet to redistribute your energy. The challenge is always balancing what challenges you the most, with what you want most. Like I said previously, taking a walk, doing some calisthenics or some core work is a great way to get started, and helping to obtain a solid foundation to build upon going forward.

*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.*



## MARY COOK

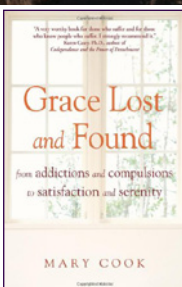
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by: Steve Jones

## RECOVERY THROUGH RESEARCH

Paul Henry lives in Wales, UK and has been in recovery for over 12 years. He completed various degrees in recovery, including one in Psychology which led to him being a PhD candidate in Neuroscience.

**You grew up Catholic on a Protestant housing estate, in the 1970s. Could you talk about how this exacerbated your sense of 'not belonging'?**

I have always felt different—from everyone. Even in my family. The only person I felt quite similar to was my dad. He was an alcoholic and had recovered through what they call the Pioneers [Pioneer Total Abstinence Association], attached to the chapel. I felt similar to him in a lot of ways, but with everyone else...I felt there was something missing in me; that I was defective in some way.

**Could you talk about your early compulsions and how you later saw this behavior from a neuropsychological perspective?**

'Can't get enough' has always been my default setting. I was smoking forty cigarettes a day as a teenager. I worked in a petrol station when I was fourteen and, before long, I was running the place. It was my first glimpse of workaholicism. Addiction is a compulsion, an automatic, habitual behavior to alleviate constant distress. That's my definition. When I was a child I didn't know how to regulate my emotions, didn't have words for them (as in 'Alexithymia'—not having words to label emotional states) so I was always compelled to run away from them as they were confusing and distressing, fixing these feelings externally.

**You wrote: "The drink wasn't a drug, more a 'me enhancer'." Was this your experience from the get-go?**

Alcohol, for me, was a magic potion. I don't know what it is like to drink like a normal person. Mainly because of the brain I had before I drank, a brain lacking in most of the brain chemicals that alcohol boosts. For me it was literally, *This is what it is like to be human*. How intoxicating is a drug that does that to you? And alcohol is a drug. It creates our first 'spiritual awakening' or change of consciousness, a connectedness to others.

**You wrote about doctors handing out Valiums—a notoriously difficult drug to withdraw off—like 'smarties' in Northern Ireland. Could you expand on this?**

The hidden history of Northern Ireland is that a lot of people suffered, were addicted, became alcoholic, and many suffer from Post Traumatic Stress Disorder. The most alarming thing is that four and a half thousand people have killed themselves in the last twenty years of so-called peace. This is more than the people who actually died as a result of the 'Troubles.' My mother was addicted to Valium. That was the hardest thing: the emotional distance. My mother was in a fog, I couldn't quite reach her.

**Could you talk about how witnessing your mother's suicide attempt triggered PTSD and Complex PTSD?**

My mother had a breakdown when I was born and she was a Catholic on a Protestant housing estate. She was isolated—the perfect place to get addicted. Her 'cry for help' suicide attempt involved her taking too many pills in front of my sisters and me. It traumatized the life out of me. When I revisited it in EMDR [trauma therapy] the physical sensation was like being blown out of the room. I couldn't remember a certain part of it because I dissociated so powerfully. I felt guilty for it and this one incident has polluted my consciousness every minute of my life since. I had to go and see a therapist otherwise I would have relapsed.

**Your alcoholism took you to a very dark place. Could you talk about how you got to this point?**

I was drinking every second of every day. I hallucinated all the time. Every time I looked at the TV it was telling me to kill myself. I couldn't see any way of getting out of this situation. I wasn't getting drunk. The drink was just preventing me from dying of alcoholic fits. I was very jaundiced. I was sixty percent blind. I was devoid of human kindness and comfort, not even human anymore—in some unknown hell. I went to the doctor and he looked at the state of me and said the most magical words anyone has ever said to me, 'You are obviously an alcoholic!'

**In one of your blogs you cite a quote on reaching bottom: "Confronting one's alcoholic situation...and sincerely reaching out for help." What was that point like for you?**

The actual reaching out for help was very difficult because of the psychosis. All my help had come from my wife. She had arranged for me to go to AA and the treatment center. I found going to treatment humiliating. The only reason I stayed is because I realized that I had no choice. It was the only glimmer of hope. I found it very hard to get a sponsor because I don't trust people.

My first sponsor was the second person in my life that I trusted. I knew that I had to trust someone in AA otherwise I would be dead. He saved my life. My first experience of God was a spiritual experience, but I didn't know what it was. I still can't give you the words for what happened to me but it's the first day I didn't drink and a voice in my heart said, 'You will be alright.' I hadn't prayed to God—God had come to me.

**You wrote an article entitled, 'How God Helps with Our Emotions.' Could you talk more about this?**

If you 'Let Go and Let God' it is one of the most powerful emotional regulation tools there is, along with acceptance. A lot of what is in the 12-step program is the experiential wisdom of millions of people—over eighty years. It's a learned attachment model because you feel like you belong. That was massively therapeutic for me because these people accepted me for who I was. It stimulates oxytocin, the bonding/cuddle molecule which relieves distress. Alcoholics have a hyperactive amygdala which makes us fear based thinkers and obsessive. You can calm down the parts of the brain that cause distress by meditating, prayer and the 12 step program of AA.

**Could you talk about the positive benefits of EMDR trauma therapy?**

I approached EMDR [Eye Movement Desensitization and Reprocessing] because I kept dissociating. EMDR works by moving your finger across somebody's eyes and it tricks your brain into thinking it is in the REM sleep state so this reduces your amygdala activity so you are not scared when retracing traumatic memories. It's taken some sting out of my addiction and has made me much more aware of how my addiction works. I mainly suffer when I 'want stuff.' It quickly becomes a pathological wanting—a need! EMDR has helped me to identify my *trauma triggers and how trauma is different from addiction, although they feed off each other*.

**What are you grateful for, today?**

The thing I am most grateful for is that I have reclaimed me—my past. I am grateful to my wife. She has gone through hell with me. I am grateful I have a serene brain and that I came across neuroscience. My understanding of addiction, through research, has contributed to my recovery. Spiritually, I am reborn. I can give love, receive love. I guess it is about becoming human. Recovery is a chance for us to grow up, become more human and live our lives over again.

*Paul is a published author in an academic journal and writes for 'Inside the Alcoholic Brain' and 'The Alcoholic's Guide to Alcoholism.' He writes about how the brain is altered prior to, and after, addictive behavior; how this alteration remains in recovery and how it needs to be managed by spiritual practices, one day at the time.*

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

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# The Journey Continues



by: Randy Boyd

## THINK TWICE

Think Twice, Your Life May be Riding on the Obvious Choice: Sometimes the choice in front of us seems so overwhelmingly obvious, that it's hard not to choose it. Rather it's a good choice or a bad choice, we make it based on a feeling. Sometimes we go against the obvious choice, good or bad, and pay the consequences of that choice at a later date, if not immediately.

I believe we are all born with a moral compass that tells us right from wrong. As we develop through the years that compass can be enhanced by good parenting and mentorship, or skewed by bad parenting and associating with the wrong people. Then sometimes, as in my case, even knowing right from wrong, we choose to make a choice that goes against everything we know is right. I did this when I first starting drinking and using drugs. I was seeking acceptance and approval, and I made the decision to go against everything I knew was wrong to get it. That first decision I made to go against everything I knew was wrong, would only be the first of many in my life that would take me to dark places.

Without a doubt the decision I regret making the most, the one that hurt my wife, my children and myself the most was when I chose to have an affair in 2004. It was an obvious choice for me, unfortunately it was obviously wrong, I knew it and I went against it. My thinking told me as long as my wife did not know, it would be okay. Besides it would help to bring me closer to my wife, or so I thought.

Nothing is further from the truth. I lived in a state of torment for three months, crying myself to sleep every night. What had I done I thought. We had been married for twenty-one years, and my wife had walked through hell and back with me. What message was I sending to her and my children; they aren't good enough for me? Even though the obvious choice was not to have the affair, I ignored it and paid dearly for it. By the grace of God our marriage and family has been restored, and we thrive as a family today.

As a survivor of emotional, physical, spiritual, and sexual abuse, I am often asked why I never told anyone, which in the eyes of those that have not been abused seems like the obvious question. I was twelve years old, my father had just died, I needed a father's love and a father figure. I thought that's what Jack, my mother's boyfriend, was showing me. He said I was a member of a secret club. The whole year before my father's death, Jack had been like a surrogate father. He took us places and showed us how to have fun. I just lost my father to cancer; I did not want to loose another father figure.

As time passed my mother and Jack got married, and eventually joined a church. My mother became a choir member and my new stepfather a deacon of the church. We went to church twice on Sundays and on Wednesday evenings. From the outside we looked like the perfect all American middle class family. To everyone else, my mother and stepfather could do no wrong. They were the perfect example of what a Christian should be. Several people looked up to them for guidance and direction. When I went to one of the elders in the church about how physically abusive my stepfather was, I was essentially called a liar. To so many people my stepfather and mom could do absolutely no wrong. Yet once the front door of our house was closed, the gates of hell opened up, and what would emerge was anybody's guess.

I had not seen nor heard from my stepfather for over 30+ years. I didn't even know if he was dead or alive. Then in 2014 my wife found my stepbrother on Facebook, and in turn we discovered my stepfather was still alive and well. Two days later my wife discovered that he had died due to complications during surgery. When I went on Facebook, and saw all the post saying how wonderful my stepfather was, how he saved their lives, helped them in their careers, etc., and not one bad word, it turned my stomach; If they only knew the truth.

In 1983 at my wedding, my stepfather showed up uninvited. With him was my twelve- year old nephew. My nephew seemed out of character. His head hung low, he shuffled his feet and he would not look me in the eye. I turned to my bride and told her with absolute certainty, "Jack is molesting my nephew." It wasn't until thirty-five years later that I would find out I was unfortunately correct about my nephew.

At this point I want to give you two statistics:

- 93% of perpetrators are family members or friends (Megan's Law and Crime Victims Center)
- 80% of perpetrators are heterosexual or bisexual men, married and have children of their own. (Abel, G. (1987, August). "The Child Abuser: How Can You Spot Him?" Redbook, 100.)

In high school my nephew's counselor told his mother and stepfather that all the signs of him being sexually abused were present. My nephew's biological father was extremely abusive and mean; therefore all the focus was put on him as the perpetrator. My stepbrother and sister-in- law did everything in their power to protect my nephew from his biological father. Why wouldn't they? He was the obvious choice based on his history.

You see, my stepfather was a master of deception. Very convincing and manipulating.

Con't Page 22

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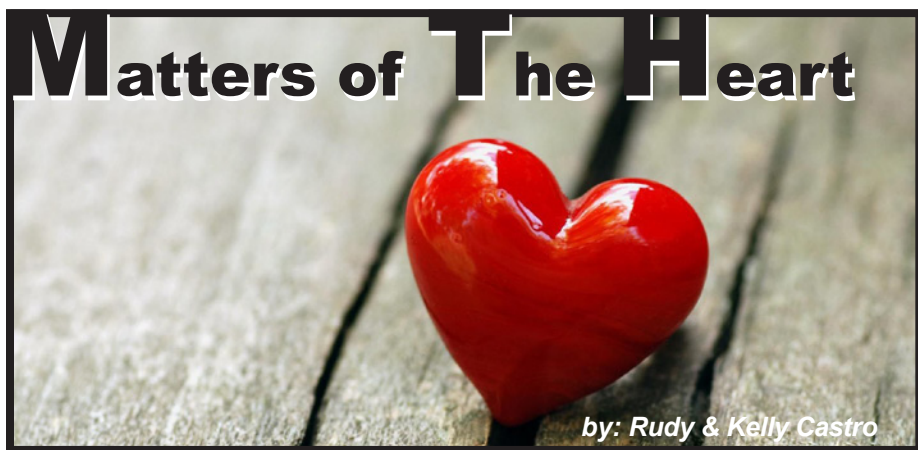


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**LOVE IS ALWAYS THE ANSWER**

There is no higher frequency in the entire universe than love. Many of us think we have some idea of what love is, however, most of us are too stuck in our own minds to really ever understand the power of this energy. All of the masters who have come to teach us say that love is the most important experience to create, and to share. Too often we block ourselves from this exchange. We are seduced by power, money, and importance. We can be driven by our egos and a need to succeed. The truth is that we can become focused and create whatever we want. Yet, are we coming from love? This question is powerful to ask.

Another powerful question to ask ourselves is what our motives are. Are we moving from our mind? The mind that is always planning, organizing and moving with agenda. Or are we moving from our hearts? The power lives and breathes the perfection of each moment, and offers compassion, understanding, and wisdom. For so long I have suffered from the addiction to my mind. It is one thing to put down destructive behaviors. It is a whole different animal to recognize addiction to self. There is an automatic reaction that I have experienced deep powerlessness around - staying out of my pain by being distracted with thought. It just happens. Often times before I can see what is happening. For years into recovery I lacked the capacity to know when I felt sad. It has taken a long time and a lot of work to get to know myself intimately, and to really feel. My heart is what feels, and after many years of avoiding it at all costs, I became masterful at doing just that. I am unlearning that way of surviving, and I am learning how to stay in my heart for longer periods of time.

It is also important to ask ourselves honestly about our acts of service - are they really coming from humility?

I had to face these questions recently and observe the truth, for myself, that what I've been doing, and action I've been taking has lacked deep humility. Our culture is so embedded with the spiritual sickness of competition and grandiosity. In a healing session I was faced with what it would feel like to lose everything in my life. It was the most terrifying moment I have ever experienced! Everything I have identified myself with shattered. I cried so deeply - grieving what I thought I was.

Facing the constructs of my own mind that have been built as a foundation for safety, left me understanding that there is nothing for us to attach ourselves to, and that when we do someday we will face the total destruction of this identity. Even the parts that feel like goodness. The attachment to who I am in recovery, to a religious practice, to the title of wife or mom. All of it! When we closely examine these identities we will find that what they truly are, our illusions that have kept us closed and separated from others. More often than not - we wrap ourselves in judgment pretending it is something else. We are too addicted to security and to rightness. Our rigidity keeps us out of, and away from love.

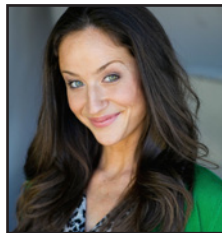
We must be careful with our fascination and obsession with knowledge. The less we know, the more open we are. The more open we are, the more we are available to having God move through us. The moment we say "this is good and this is bad," or "this is right and this is wrong", we have moved back into our minds, and out of love once again.

We must practice love above all. It is time for us to come back to our hearts, and this will require for us to allow the death of self. We may grieve. We may laugh. We may rejoice. We are being called home to grace. To the ultimate reality that I am you, and you are me. We are one. We must honor this, and one another understanding that we are all the darkness and the light. There truly is no separation and our job is to identify the old ideas, which have kept us hostage to the illusion that there is.

Bless you and Love Only,  
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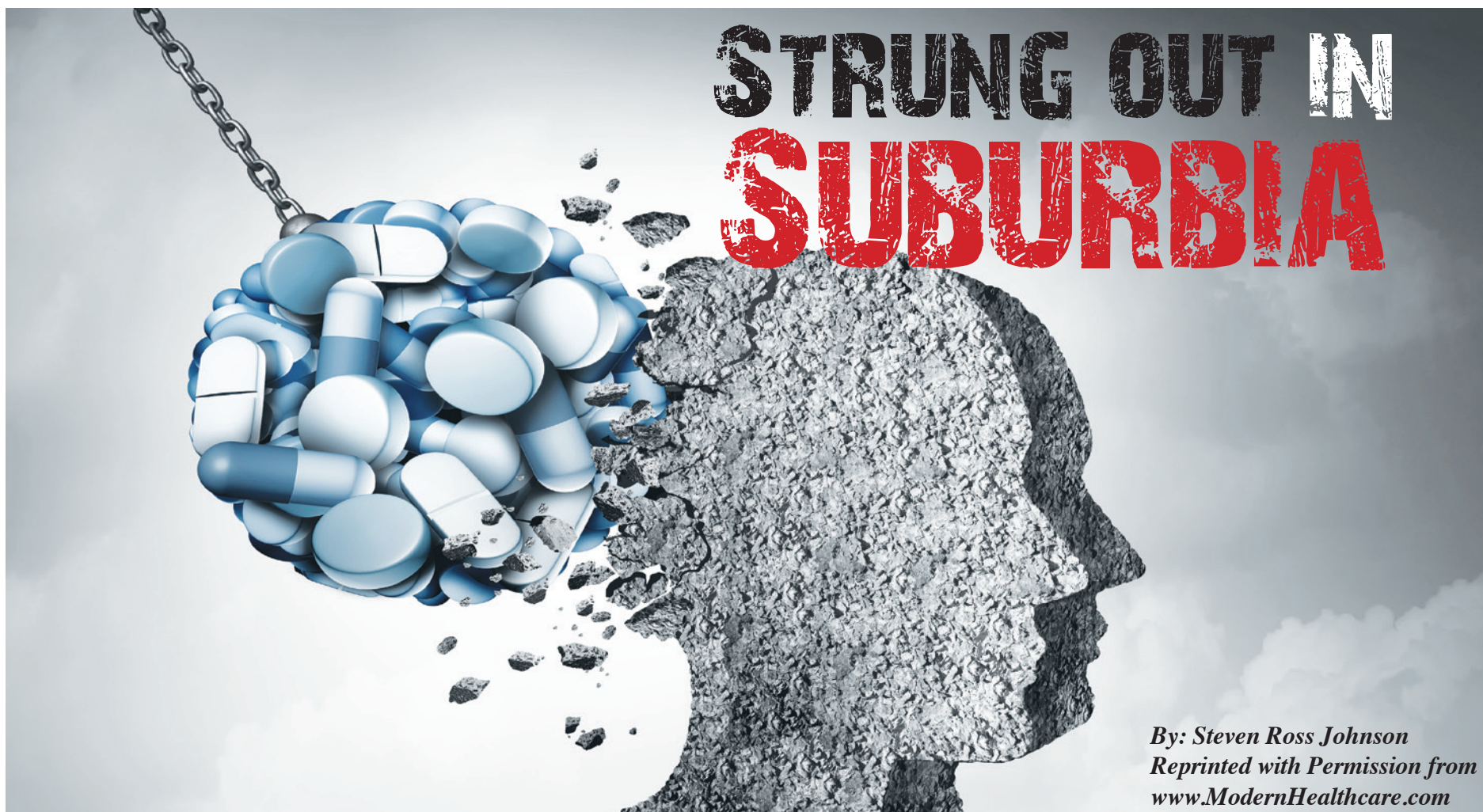
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# STRUNG OUT IN SUBURBIA



*By: Steven Ross Johnson  
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## DOWNERS GROVE, Ill.-

It is Tuesday, and not a single bed is vacant in the detox unit at Advocate Good Samaritan Hospital, located in this middle-class suburb about 23 miles west of downtown Chicago.

A group of nurses huddle around a workstation, to discuss the day's care plan for each of the patients in the 10 semi-private, and private patient rooms. While the unit looks like any other medical department in the 333-bed facility, its entryway's large wooden doors remain locked 24 hours a day. A row of lockers in the hallway outside those doors adds an extra measure of security for patients, and providers.

"When visitors come, we lock up purses and coats," said Karen Fergle, a chemical dependency resource nurse in the unit. "No matter where you would go at whatever hospital, you will find people who want to sneak stuff in. If you don't think that then you need to be educated about the disease."

Since 2012, Good Samaritan has been the only facility within Advocate Health Care's 12 acute-care hospital network, with a unit dedicated solely to substance abuse detoxification. All patients who come to the detox unit arrive from the hospital's emergency department, and stay an average of three days before either moving on to a treatment facility or being discharged.

Fergle said the goal of the program is to help those who are at high risk of dying from their substance abuse, by putting them in a place where they can connect with a treatment center after they've been discharged.

The increase in heroin users coming to the hospital reflects current trends in drug abuse in the community. For the past several years, DuPage County, better known for its bedroom communities and conservative politics than its drug problem, has been struggling with a rise in opioid dependency. Heroin and fentanyl abuse were responsible for 78 overdose deaths in 2016, a 53% increase over the previous year.

"It's at epidemic proportions right now," said Dr. Dipul Patadia, chairman of emergency medicine at Good Samaritan. "We're seeing a lot more patients come into the ED because of it and in stronger forms."

As the opioid epidemic spreads into the nation's middle-class suburbs, community hospitals are responding by dedicating beds for detoxification, and working with local rehab programs.

Similar scenarios have played out in suburban communities across the country. Overdoses from both prescription and illegal opioids killed more than 183,000 Americans between 1999 and 2015, according to the Centers for Disease Control and Prevention.

The drug crisis has grown exponentially in big city suburbs in recent years. Areas once thought immune find themselves subjected to the same societal issues that were traditionally associated with hollowed-out urban centers, or economically devastated exurbs.

Such changes have caused a noticeable shift in attitudes about addiction in those communities as residents have witnessed neighbors, friends and family members struggle with the disease. The growing prevalence of addiction within the national consciousness, made the opioid crisis a top campaign issue of the 2016 presidential race. Both Democratic nominee Hillary Clinton and Republican nominee Donald Trump called for committing more resources toward increasing access to treatment.

Growing demand to treat the opioid epidemic as a public health issue instead of a criminal one, led Congress last July to pass the Comprehensive Addiction and Recovery Act in a rare show of bipartisanship.

Proximity has also affected the way healthcare providers serving those suburbs have approached addiction issues. "One of the most stigmatizing groups is the medical profession," said Dr. Brian O'Connor, founder of Middlesex Recovery, a treatment center located about 9 miles north of Boston.

An OB-GYN by training, O'Connor began working in addiction recovery when he discovered in 2005 his son was using heroin. O'Connor got certified to prescribe the medication-assisted treatments methadone, and buprenorphine after a number of his obstetrics patients began having addiction issues. "Because it's so pervasive, and it touches so many peoples' lives, I think they see it from a different perspective rather than thinking it is somebody else's problem."

O'Connor estimated up to 99% of the 1,000 patients who visit his treatment center are white, middle class, and from the Boston suburbs. He said providers in these areas have gotten more accustomed to dealing with issues related to addiction as the number of patients presenting such problems increased.

"It's not new in suburban areas—it's been present here, but it truly popped up in the urban areas first and then made its way here," said Laura Balsamini, director of pharmacy services for Summit Medical Group, a large physician-owned practice in suburban New Jersey. "Now we're on a level playing ground, only they may have paved the way with some of the strategies on how to combat it prior to us, and now we're catching up."

Suburban providers have some advantages in treating substance abusers. Their patients are generally better educated and more aware of the dangers posed by addiction to prescription opioids. As a result, addicted suburbanites are more likely to recover than those in more impoverished areas where resources for treatment are scarcer, and adherence to program treatment harder to achieve.

"Suburban people on average have more resources to respond to the problem than rural people," said Dr. Keith Humphreys, professor of psychiatry at Stanford University's School of Medicine, and a former senior policy adviser to the White House Office of National Drug Control Policy. "They tend to be more educated, have better jobs and live closer to more healthcare professionals than rural people."

This extra capital makes them more likely to recover from their addiction.”

But the stigma associated with addiction may still cause suburbanites to believe that drug abuse is something that happens somewhere else. “If they believe that addiction ‘can’t happen here’, they will neglect to screen their patients for substance use as they should, and respond appropriately to addiction when they detect it,” Humphreys said.

For a suburban provider, such a belief could cause them to fail to establish system measures that would improve prevention and treatment efforts.

“A lot of hospitals could be doing a lot more and they’re not,” said Aaron Weiner, director of addiction services at Linden Oaks Behavioral Health, the mental health and substance abuse treatment arm of the Edwards-Elmhurst Health system in Naperville, which, like Advocate Good Samaritan, is in DuPage County just west of Chicago.

Linden Oaks is developing drug prevention and treatment standards for the system. Last year, Linden Oaks launched an opioid task force that focused on changing prescribing habits, increasing education on addiction, reorganizing a pain clinic and expanding addiction treatment resources.

The task force recommended physicians use the state’s prescription-drug-monitoring program. Linden Oaks incorporated an alert system in a patient’s electronic medical record, to let prescribers know if a patient has a history of seeking drugs. It also included a prescription for naloxone, an overdose-reversal drug, with every opioid prescription doctors wrote. “Treating the afflicted is one part of the epidemic, but the other part is containing the outbreak,” Weiner said.

Only 15% of the patients who come to the detox unit at Good Samaritan each month go on to get addiction treatment, a statistic that is both frustrating and gives hope, Fergle said. The unit works closely with local rehabilitation centers and 12-step programs, whose members volunteer their time with visits to the hospital at least once a week.

Patients who refuse to go directly into treatment from the detox unit are given the option of working with a community liaison specialist, who follows up with phone calls and one-on-one visits after discharge. The idea behind the program, according to Royal Mayer, one of those specialists, is to try to establish a relationship of trust with the patient that will hopefully help persuade them to seek treatment down the road.

“For me, it’s just like baby steps,” Mayer said. “This population is so difficult that you just have to be patient and keep giving them chances.”

The program’s successes prompted the hospital to increase the unit’s inpatient beds to 14 by October. The model has even caught the attention of two other Advocate hospitals, who are considering developing similar units at their facilities.

“It’s exciting when you can get those success stories,” Fergle said. “That’s life-saving, getting people into treatment.”

*Steven Ross Johnson has been a staff reporter for Modern Healthcare magazine since 2013, and covers issues involving public health and other healthcare news. Johnson has been a freelance reporter for the Chicago Tribune, Progress Illinois, the Chicago Reporter and the Times of Northwest Indiana, and a government affairs reporter for the Courier-News in Elgin, Ill. He received a bachelor’s degree in communications from Columbia College in Chicago, and a master’s degree in journalism from the Medill School of Journalism at Northwestern University.*

## NEXT MONTH in Keys to Recovery Newspaper

### Opioid Epidemic Outside Suburbia

CHICAGO (CBS) — A report suggests the opioid problem in the city of Chicago, especially among African-Americans, is far worse than many believe.

Kathie Kane-Willis of the Chicago Urban League co-authored the report, which claims last year the opioid death rate among African-Americans in the city was 56 percent higher than for whites. WBBM’s Jim Gudas reports.

“The narrative that we hear from the news media is about the white, suburban, rural opioid epidemic,” she said.

The report also claims while in the suburbs and among whites the main approach is treatment, the main strategy in Chicago among African-Americans is arrest and prosecution.

Kane-Willis said she hopes the report raises awareness about the opioid problem among African-Americans, and leads to more equitable treatment of opioid addicts regardless of race or location.



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# KEYS TO RECOVERY — NEWSPAPER, INC. —

JULY 26TH, 2018, 4:30pm

Celebrating our 4th Year Anniversary Dinner &  
Presenting the Awards for

“Outstanding Contributions to the Recovery Community”

to the late

Peggy Albrecht of Friendly House

(Monica Phillips accepting the award on her behalf)

and to Jack Bernstein President  
of Cri-Help 45-years of saving lives.

CENTER FOR DISCOVERY<sup>®</sup>  
Transforming Lives

Center For Discovery  
greatly appreciates  
the work that  
Friendly House and Cri-Help  
have done for the community.

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call toll free

888.522.1504

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*Congratulations on the award for  
“Outstanding Contributions”  
to the recovery community.*

*Peggy Albrecht, you are already  
missed. Friendly House will  
continue to thrive under the new  
leadership, of Monica Phillips,  
that you have provided.*

*Jack Bernstein of Cri-Help, thank  
you for all your hard work in the  
recovery community, and your  
45 years of service.*

*From the entire team of  
BNI Treatment Centers*



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Trauma and Beyond Psychological Center  
would like to thank  
Peggy Albrecht and Jack Bernstein for  
leading the way!

*Thank you for your service  
Joanne & Lynne*

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[www.TraumaAndBeyondCenter.com](http://www.TraumaAndBeyondCenter.com)



**Doing it Sober**

Would like to congratulate both  
Peggy Albrecht of Friendly House,  
and Jack Bernstein of Cri-Help,  
for their selfless years of service provided to  
those in the recovery community and beyond.

Thank you from all of us at

**Doing it Sober**

[www.DoingItSober.com](http://www.DoingItSober.com)



**REFUGE RECOVERY**

TREATMENT CENTERS

is Honored to be a part of this celebration for  
The Friendly House and Cri-Help

Thank you for your contributions  
to the recovery community.

Keep up the good work!

[www.RefugeRecoveryCenters.com](http://www.RefugeRecoveryCenters.com)

323-207-0276



by: Robert L. Hobbs, Jr.

## NERVOUS BREAKDOWN OR PTSD?

I am going to start this article with a commonly used word in the addiction community: DENIAL. Whether we are the addicted, the codependent, the enabler, or someone who truly cares about an addict, we have all gone through various forms of denial. Unfortunately, for those of us in denial and caught up in the life of an addict, by the time we realize the truth, we find ourselves in a "No Way Out" situation. A place where our own wellbeing is in jeopardy as a result of our loved one's addiction. A place where regardless of whether our loved one lives or dies, we are going to be in a place of lifelong agony. If our addict lives, we live in fear, if he or she dies, we live in regret and sadness. There is seemingly no escape from this misery. This is why I wrote "Heroin - Living and Dying with an Addict You Love; How to Survive When Everyone Dies."

We live in denial of the truth until it is too late to find a way out, or to even recognize that we are in trouble. So, I thought I'd share some of the signposts that I passed through on my way to a "nervous breakdown," which was ultimately diagnosed as post traumatic stress disorder (PTSD.)

Nine sure signs you are heading for a "nervous breakdown", as a result of living and dying with an addict you love.

This is also an introduction to the TooFAR mnemonic, which I use to help my clients remember when they are going TooFAR in living and dying with an addict they love. See below - TooF-A-R (1-3 Fear (Worry, Anxiety), 4-6 Anger (Resentment, Hate), 7-9 Regret (Sadness, Depression)

1. You have a constant, inexplicable feeling of "tension" in your limbs and/or hips.
2. You are almost always mentally and emotionally distracted with various problems, your loved one has or might have in the future: jail, prison, auto accident, death.
3. You are constantly "trying to figure out", what you can do to prevent your loved one from suffering any of the above consequences, that result from their addiction.
4. You are easily angered or agitated any time another person (at work or at home) interrupts you while you are dwelling on 2 and 3 above, even when they just want to love you.
5. You have an underlying constant feeling of resentment, toward "whomever" (spouse, parents, God) caused or placed this situation in your life - because you don't deserve this. It's not fair!
6. You are blaming yourself, and are angry for not being able to stop this addiction from happening in the first place; in fact you may have caused it.
7. You regularly "replay" past scenarios where you coulda, shoulda woulda done something different, while regretting the actions you did take at the time.
8. You are always disappointed (ashamed, embarrassed) in yourself and your family, when socializing with "happy, perfect" families that never seem to have any of your family's problems.
9. You spend an extraordinary amount of time reflecting on the "good times", that you and your family had prior to the addiction. You were so hopeful and optimistic, but now "everything" is ruined.

When these nine intense emotional states (and all of their derivatives) fill your days and nights, and then your weeks, months, and years, they tend to crowd out any "normal" healthy experiences. You become so used to feeling bad that you are almost afraid to feel any other way. You may even feel guilty for having any pleasurable experiences, because, after all, the addict is still out there struggling for survival, and who are you to enjoy anything normal. These states bring you to your knees, and condition you to believe that there is nothing more to life than this feeling of hopelessness.

No one can survive very long living in this way. Many of you, either by a traumatic event or simply because your resilience has withered over time, will suffer catastrophic emotional overwhelm - a state where there is not enough "processing power" to accept, and handle all of the feelings and emotions arising in your life. At this critical point, your brain simply determines that you cannot handle any more and it shuts you down - this my friends, used to be referred to as a "nervous breakdown." For me, it was diagnosed as PTSD. I would like to tell you this occurrence signals the end of your suffering, but unfortunately it marks the beginning of a new struggle for you, which if you choose to persist, will result in you finding your way out of the "no way out" situation you were in, with your addicted loved one. There is always a way out, so do not give up, never give up.

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



by: Catherine Townsend-Lyon

## GAMBLING ADDICTION AND MENTAL HEALTH = SUICIDE?

I wrote an article awhile ago for 'Facing Addiction.' I wrote some of my story as a person who lives dually diagnosed (I maintain recovery from gambling and alcohol addictions, and live with mental health challenges). Recently we have had several high profile celebrities choose suicide over life. I thought I would share some of what I wrote with you this month in my column. I write this in the hopes of sharing my voice to help shatter stigma around these critical topics that are touching, and claiming too many lives.

"My recovery journey restarted in 2006. I woke up in a hospital as the result of my second failed suicide attempt, and then went back to an addiction and mental health crisis center for another 14-day stay. The problem wasn't that I gambled again and relapsed; the problem was not taking my psych medications for a few weeks. I thought I didn't need them; that I could be normal like everyone else around me, but as you read my story, you'll see that didn't work out too well."

I had a few severe financial crises happen, and since I had not taken my medication and had already worked through all of our savings, I panicked and chose to steal from someone. What a mess! Of course, that person pressed charges. I was arrested, went through the courts and was sentenced to many hours of community service, two years of probation and paid restitution that I'm still paying today. My point? You have to do the work in all areas of maintaining your recovery, including your finances. I had not done all the work necessary for a well-rounded recovery. Even though I was not gambling, my financial and legal troubles told me I still needed to do more work, so I did with a gambling addiction specialist. After my problems occurred, I worked with a specialist for a year while I went through the legal mess I created. Why am I sharing this? Our recovery stories and words are powerful tools to help others.

After this second suicide attempt and crisis, I learned I had a lot more work to do, and I also learned that God, my higher power, has bigger plans for me, a purpose for me that involves helping those reaching out for recovery from the cunning illness of compulsive gambling addiction. After my release from the crisis center I started working with a gambling specialist, and got my mental health under control; I began to see the stigma surrounding those of us who live dually diagnosed. Those of us who have a mental illness also have a huge hurdle in our path, STIGMA.

Since I am a dual-diagnosed person who maintains recovery, and has mental health challenges, it can make obtaining recovery a wee bit more work, as I discovered. The old habits, behaviors and diseased thinking needed correcting. Working with the gambling specialist was eye-opening. He helped me break down "the cycle of the addiction", and we also worked with tools and skills for dealing with financial problems that may arise while in recovery. I was given a fantastic relapse prevention workbook as well. Although I didn't relapse into gambling, this workbook has helped me develop a plan for any financial, or life event that may arise during my recovery journey. You need a plan beforehand as these life events will come.

Another tool that helped was journaling every day. I have always done this, but my specialist showed me how to relieve stress and learn more, and see my growth from my journaling. I used my journals in writing my current published book as well. Writing my story and experiences in memoir form was a very healing, and letting go process for me. I shared my gambling addiction with alcohol abuse, my past childhood abuse and sexual trauma, and what it is like living with mental illness. I never dreamed I would be a published author, recovery advocate, writer and blogger, but these are just a few of the recovery blessings I have received in my journey thus far.

By writing my book and sharing it with the world, I hope to shatter stigma around gambling addiction, recovery, mental and emotional health. I want to be a voice for those who are childhood sex abuse survivors. I have chosen not to be anonymous as I want others to know how devastating compulsive gambling addiction is, and how quickly one can become addicted. It indeed is a real disease and illness. I want others to be informed and educated, and I raise awareness of the effects it has in our communities and in families' lives. One in every five, attempt suicide from this addiction.

Con't Page 22



**THURSDAY JULY 19TH 2018:** Daybreaker LA Presents DUSK: Midsummer Night's Masquerade Boat Party! (non-alcohol gatherings) Let's dream a little dream aboard The Hornblower Cruise. Thursday, July 19th, Sunset cruise around the Marina Harbor. Dance & play beneath a beautiful night set to the backdrop of a fiery, golden sunset. Sea you on the dance floor. If you're signed up for yoga, please bring a yoga mat. Cast off is at 7:15pm SHARP Arrive on time or you'll miss da boat! Seedlip drinks, the world's first distilled non-alcoholic spirits. Free cold brew coffee, healthy juices, happy hour treats (no booze!) and more. Live performances & special surprises. visit [www.DayBreaker.com](http://www.DayBreaker.com)

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

**SATURDAY JULY 29TH 2018:** Dancing for Dollars, Dance a Thon,

**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, California, 90069. 7th Tradition. No One turned away for lack of funds. All levels and experiences welcome.

#### UPCOMING

**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.MountainAACConference.com](http://www.MountainAACConference.com)

**AUGUST 31 - SEPTEMBER 3, 2018:** South Bay Roundup Torrance, helping people get on and stay on a spiritual path Visit [HerbK.com](http://HerbK.com), [HerbK12@hotmail.com](mailto:HerbK12@hotmail.com), Herbert Kaighan | PO Box 4268, Palos Verdes Peninsula, California 90274

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

To find local meetings and events all year long call

## Alcoholics Anonymous San Fernando Valley Central Office

16132 Sherman Way,

Van Nuys, California 91406

**Telephone: 818-988-3001**

Mon.-Fri. - 9:AM - 6:PM

Sat. & Sun. - 9:AM - 5:PM

**VOLUNTEERS ARE ALWAYS NEEDED**

# Book & Video Reviews

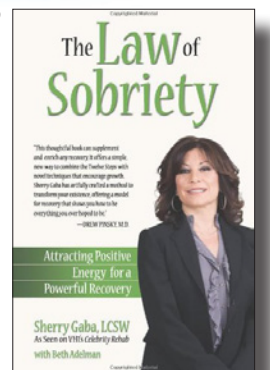


**THE LAW OF SOBRIETY; ATTRACTING POSITIVE ENERGY FOR A POWERFUL RECOVERY.** Author Sherry Gaba, with Beth Adelman. Published by Health Communications, Inc.

This book combined with the Twelve Step program, works as a supplemental guide. In this book Sherry gives recovering people and their families a new look at an ancient subject, that is in the limelight again, "The Power of Positive Thinking". Too many people that are sober still haven't found the happy, joyous and freedom that comes with their new life in sobriety. This book will help you find your way to a full and rewarding life. If you have ever been in recovery, you have set goals for yourself; but then wondered how to go about achieving them. In this book Sherry uses an artfully crafted method to transform your existence, embrace the power of recovery, define a new vision for your clean and sober life, and reach the goals you have set for yourself - for GOOD.

By following Sherry's simple ideas, you will learn how to transform your life by shifting focus from addiction to doable behaviors, that align with sobriety as you learn to: 1) Attract positive energy to live a clean sober life filled with renewed purpose. 2) Lift the veil on old, destructive values and subconscious issues that no longer align with your sobriety. 3) Live with awareness and mindfulness, combining the serenity of living in the moment with the strength gained from positive thinking. 4) Let go of resistance, negativity and other behaviors that keep you entrenched in toxic cycles.

Sherry has wisdom beyond her years, and she is offering a recovery that shows you how to be everything you ever hope to be. This book is a must read for all of you that feel something is still missing. Available at Amazon.com



**THE GREATEST MIRACLE IN THE WORLD:** written by Og Mandino. Published by Bantam Books.

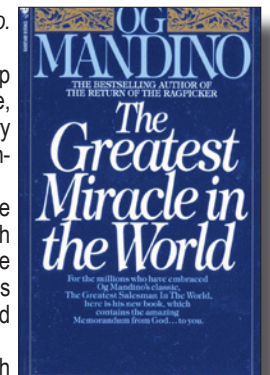
Og Mandino is one of the most widely read inspirational and self help authors in the world. Former president of Success Unlimited magazine, Mandino was the first recipient of the Napoleon Hill Gold Medal for literary achievement. He was a member of the Int'l Speakers Hall of Fame, and honored with the Masters of Influence by the National Speakers Association.

Although Og Mandino died in 1996, his books continue to inspire countless thousands all over the world, because they are timeless. With over 4 million copies sold, this book offers priceless wisdom to those searching for a higher meaning and purpose in life. With so many trends and pop-culture books on the market - this ageless book will inspire the old and young readers alike.

I have read this book countless times. I am reminded of my worth each time I read it. I have given away many copies as well, because I believe that we are all "The Greatest Miracle", and we should be reminded of it every single day, if possible.

Reading this books inspires hope within me that miracles do happen. There is an exercise at the end of the book that helps me to remember my uniqueness, and how to stay positive day after day. We live in a world that can crush spirits and dreams, if we do not guard our hearts and minds. There are books that I believe are God inspired, and I think this is one of them. Og's writings remind me of a quote by Mother Teresa, "I'm a little pencil in the hand of a writing God, who is sending a love letter to the world."

Please read this book and buy a copy for a friend. Available at Amazon.com.



**TRAIL OF THE WARRIOR: A Fable of Hope.** Written by R.H. Pfeiffer. Published by Wil Publishing. This is a book comprised of four individuals telling about their lives of addiction, and about accomplishing their goals with the assistance from the love of a remarkable dog named Rosie, while searching for a higher power. Each of their stories will give you inspiration and hope in acquiring resolution, and acceptance in the fact that we are subject to a wide range of emotions that can potentially control our destiny.

Rosie with her unconditional love, coupled with the guidance of a higher power, made sobriety obtainable despite their past dilemmas. The peace that they received coming from abusive family lives, clearly shows what the power of love and forgiveness can do. Addiction with all of its different levels of severity, the psychological and physiological lasting effects from past traumas, can be resolved through the Warrior that dwells deep within us all.

This is an amazing book reflecting the principals of decency, spirituality and the desire of the human spirit to persevere against all odds. Rosie is a true representative of how love and compassion can transform lives, repair relationships and give hope to the hopeless. This is a must read for us all, it allows each one of us to see the true inner strength we as individuals possess. 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.**

# Classified Ads

## FOR SALE

**12 STEP STORE FOR SALE:** Our Promise to You. Twelve n' Twelve is looking for a buyer for our store, but if we do not find the perfect buyer we will ALWAYS continue to sell our medallions, chips, cards etc., from our website [twelvetwelve.com](http://twelvetwelve.com) or [12n12.com](http://12n12.com) and at GREATLY REDUCED PRICES since we will have no overhead. Until then please come in and enjoy at least 50% off on most items, and say hello. Please note we will be closed 7/15-7/20 for medical reasons. 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.share-selfhelp.org](http://www.share-selfhelp.org). Under Programs/Jobs.

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## SOBER LIVINGS

**12STEPSSOBERLIVING.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.*

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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.jenninischaefer.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

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## DISABILITY SERVICES

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

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

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

## HOMELESS SHELTERS & RELATED

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

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

**Casa Youth Shelter** (562) 594-6825.

**Centennial Place Permanent Housing** (626) 403-4888.

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

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

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

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

**Dimondale Adolescent** (323) 777-6258.

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

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

**Fervent Heart LLC** (626) 319-7479.

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

**Family Rescue Center** (818) 884-7587.

**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](http://www.hhcla.org), (213) 381-0515.

**Homeless Adult Center** (626) 403-4888.

**Hope for Homeless Youth** (213) 353-0775.

**House of Hope** (323) 663-1215.

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

**Jenesse Center** (323) 299-9496.

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

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

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

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

**Los Angeles Mission** (213) 629-1227 x305.

**Long Beach Family Shelter** (562) 733-1147.

**Long Beach Rescue Mission** (562) 591-1292.

**Los Angeles Youth Network** (323) 957-736.

**Los Angeles Family Housing** (818) 982-3895.

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

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

**New Image** Emergency Shelter (323) 231-1711.

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

**NCH National Coalition for the Homeless** (202) 462-4822, [www.nationalhomeless.org](http://www.nationalhomeless.org)

**OPCC Safe Haven** (310) 883-1222.

**Passageways Homeless** Intake Center (626) 403-4888.

**Pentecostal Outreach** (562) 313-1257.

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

**Rochester House Transitional Living** (213) 986-5599.

**Runaway Homeless Youth Shelter** (310) 379-3620.

**Rainy Day Emergency Shelter** (562) 733-1147.

## HOMELESS SHELTERS & RELATED

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

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

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

**Salvation Army Westwood** (310) 477-9539.

**Sunshine Mission** for Women (213) 747-7419.

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

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

**Sanctuary of Hope** (323) 786-2413.

**Samaritan House** (562) 591-1292.

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

**The Midnight Mission** (213) 624-9258.

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

**TEAM HOUSING** (310) 631-9516.

**Union Rescue Mission** (213) 347-6300.

**Union Station Homeless Services** (626) 240-4550.

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

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

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

**WLCAC Homeless Access Center** (323) 563-4721.

## DOMESTIC VIOLENCE

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

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

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

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

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

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

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

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

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

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

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

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

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

**Haven Hills**: [www.havenhills.org](http://www.havenhills.org) (818) 887-7481 (818) 887-6589.

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

**House of Ruth** (909) 623-4364.

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

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

**Jenesse Center** [www.jenesse.org](http://www.jenesse.org) (323) 299-9496.

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

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

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

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

**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](http://www.scadp.org) (562) 949-5358.

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

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

## RAPE HOTLINES

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

**Rape Hotline** (24 Hours) (800) 585-6231. [www.elawe.org](http://www.elawe.org)

**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](http://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](http://www.jasonfoundation.com), (888) 881-2323.

**National Suicide Prevention Lifeline** (800) 273-TALK

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

**Suicide Prevention Center** (877) 727-4747.

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

## HEP C / HIV / AIDS INFORMATION

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

**Asian Pacific AIDS Intervention Team**: (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen, 1730 W Olympic Blvd., #300, Los Angeles, California

**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](http://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](http://www.hepcsource.com) • [www.hepnet.com](http://www.hepnet.com) • [www.harvoni.com](http://www.harvoni.com) • [www.theliverinstitute.org](http://www.theliverinstitute.org) • [www.hepctreatmentlosangeles.com](http://www.hepctreatmentlosangeles.com)

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

Organization/Company Name: \_\_\_\_\_  
Services offered: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_  
Contact person: \_\_\_\_\_  
What you would like us to print in the resource guide: \_\_\_\_\_

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



When I developed all of those physical problems related to PTSD, you can imagine that I became even more depressed and anxious.

Cancer diagnosis and treatment can be accompanied by increases in anxiety, and depressive symptoms. Diabetes can do the same. And, let's not forget about anger and fear, which can come along for the ride with many physical illnesses.

Our mind and body are one. Mental health is inextricably linked to physical health. As another example, PTSD and eating disorders both actually change the brain, which is the most complex organ in the body. Research is currently underway that will help us to view mental health disorders through a lens of biological markers, rather than symptoms.

In an attempt to heal my body during PTSD recovery, I went back and forth to doctors. Think cortisone shots, physical therapy, chiropractor adjustments, and more. I spent thousands of dollars on these experts when, for me, what I really needed to focus more on was recovering from PTSD.

In my personal experience, the physical problems, including most of the chronic pain, went away with PTSD treatment and recovery. Essentially, I needed to check myself into mental health treatment in order to heal my lower back. That said, there is of course, a place for medical doctors and others in healing physical pain. Today, I see a doctor who is helping immensely with a bit of lingering shoulder pain.

Importantly, like eating disorders, PTSD is not a life-sentence. While trauma doesn't go away (it's history), with treatment, PTSD can heal.

What about my osteoporosis? It's gone. My doctor said that food was the best medicine. Today, my bones, like my mind, are strong and healthy.

Remembering mind, body, and spirit: Let's not forget about the spirit, which for me, was a big part of becoming whole and healthy. Spiritual concepts like a belief in a higher power, and letting go are what fueled my hope that healing in all realms—the physical and mental—was possible.

This month, what steps can you take to better your health?

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).



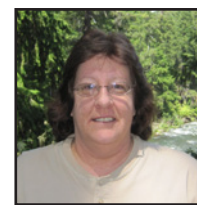
He treated those he was not molesting with a kindness unlike a lot of people have never experienced. To the people in his community and in the church he could do no wrong, he was a "Saint." There were no obvious signs that would cause my nephews parents to look at my stepfather; after all he was his *Grandfather*. My stepfather and my nephews grandfather was so confident in his abilities, that he molested me under the roof of our house with my mother in the other room, my nephew in a Casita on the back of his parents property, with his mom and dad in the main house.

It has been over 35 years since I have seen any of that side of my family. Recently I have reunited with two of my nephew's mothers, who I have missed and love dearly. I am finding out how much damage my stepfather – one man – has done to my family in his lifetime, and it is incomprehensible.

I am an advocate, a voice for abuse survivors and I preach on the fact that we "MUST" speak up, and tell the truth about abuse. I live with no regrets; that is until recently. What if I had spoken up thirty-five years ago? My nephew is in such a bad place right now, could this all have been avoided? I'll never know the answer to that. I know today that everything is just as God has planned it to be, everything is exactly as it is supposed to be.

Remember, it is not always the obvious choice. If you suspect your child is being abused/molested, or they come and tell you they are, please believe them. Reach out to the authorities. Let them do their job. Your only job as a parent is to raise and protect your child at all cost. The damage caused by sexual abuse is incomprehensible, and the scaring is deeper than you can ever imagine.

To learn more about the signs to look for, and about the Courageous Healers Foundation, and how you can support our cause visit our website [www.courageoushealers.org](http://www.courageoushealers.org). Facebook - @courageoushealers, and RandyBoyd. Also on Instagram @rboyd24. Randy Boyd is a Licensed CAD-1, Certified Transformational Life Coach, Public Speaker and Author, and the founder of the Courageous Healers Foundation, and an associate of "It Happens to Boys." Randy is a Celebrate Recovery Ministry Leader @ Destiny Church. He speaks at conferences, schools, and treatment facilities, about the effects of abuse on men, and how men can heal from those effects. "Healing the Man Within," a book for male survivors and their families, written by a male survivor. Available at Amazon.com, Contact Randy at (760) 702-5498.



**"A suicide attempt is a clear indication that something is gravely wrong in a person's life. Suicide doesn't discriminate as it is true that most people who die by suicide, have a mental or emotional disorder. The most common underlying disorder is depression, 30% to 70% of suicide victims suffer from major depression or bipolar (manic-depressive) disorder." ~ MHA - Mental Health America**

The expansion of casinos and state lotteries is making gambling more and more accessible today, and is now touching our youth. Currently, 2.9% of our population are problem gamblers. The best advice I can give? When starting early recovery, learn about this addiction. Work with a specialist or recovery coach to determine the cycle, and then learn the tools and skills to interrupt it. Work a well-balanced recovery that encompasses mind, body, spirit and finances. There are many ways to recover including in or outpatient treatment, and G.A.12-step meetings for support. Anything and everything you can find. Do it. One option may not be enough for success in long-term recovery. I learned this the hard way, but have found a way to make it 11+ years maintaining my recovery.

I know it is my job, my duty, to be of recovery service to others, and to advocate about mental illness. Life today is good! My husband and I learned that we could weather any storm together. I know "sharing" our experiences and our recovery with others is just as important as the professional, or clinical side of how to recover. Sharing one's story is a powerful tool for others to listen to and learn. The time is now to start the conversation about these topics, and shine a bright light on them! It's time to "Quit To Win!"

Suicide is a permanent solution to a temporary problem. Depression, anxiety, bipolar or any other mental health issue should never have to end with suicide.

Make the call if you have any thought of suicide, National Suicide Prevention Lifeline, 24/7 Everyday, 1-800-273-8255.

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](mailto:LyonMedia@aol.com)

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