

August 2018

KEYS TO RECOVERY — NEWSPAPER, INC. —



BY Allison Seriani,
Anne Martin
& Brandon Novak

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About Us

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Welcome to the August 2018 issue of Keys to Recovery Newspaper. This past weekend Marcus and I were invited to an ultrasound screening of my granddaughter. That's right my daughter introduced us to her unborn daughter via a 4-D ultrasound. It was amazing to be able to see every curve of her face, watch her move her hands, stick out her tongue and give us a smile. And to top it off they sent me home with a small heart-shaped device that had my granddaughter's heartbeat recorded so that I can listen to it over and over. To say I am blessed is an understatement. I know that everything I have is a direct result of getting clean and sober in 1986, and by "turning my will and my life over to the care of God."

We feel so blessed to have been able to celebrate Keys to Recovery's 4th year anniversary by giving awards to both Peggy Albrecht, of the Friendly House, and Jack Bernstein, of Cri-help. We want to thank everyone for helping us make this the best celebration ever. We are humbled by the outpouring of love and support that followed the event. If you want to support or be a major part of the 2018 5th-Year Anniversary and Awards Dinner, let us know we are already getting ready.

Before the awards, we watched a slide show of people that had died of a drug overdose. It was a heartbreaking moment in time, but I wanted to attach faces to the statistics we hear about day after day, to make the numbers more personal. At the awards dinner, we talked about "why" we do the newspaper, and "why" we give the awards. **Why?** Because last year alone there were over 64,000 fatal overdoses in the U.S. alone. Because we see the homeless population growing every day. Because we have buried too many friends and loved ones due to this disease. But mostly because we believe God put a calling in our hearts to help the helpless, to do what we could where we could. Publishing Keys to Recovery Newspaper and distributing it for free each month is where we start.

We give the awards because we know how hard it can be to stay in faith year after year, seeing the numbers of deaths grow each year. The awards are given to those who stand on the front lines fighting addiction daily. To remind them they are loved and supported. To uplift them and remind them that no matter what, even when it feels impossible, that **"God starts at impossible."**

Bishop Hamilton of Spirit & Life Ministries, says that God will equip you, with all you need, for what he has called you to do. Brandon Novak was quoted on the front cover, **"No one is unfixable."** So we walk in faith and know that God has already answered our prayers, yet again. God Bless you. - **Jeannie Marshall, President & Cofounder**

Hello to one and all. We appreciate whenever you join us in our effort to educate, uplift and encourage you, as well as the rest of our readers monthly.

The recovery community took a hard hit, when we lost Peggy Albrecht of Friendly House April 7th, 2018. Yet, our recovery communities are still strengthened with the continuing service of Monica Phillips as the Executive Director of Friendly House, and individuals such as Jack Bernstein of Cri-Help, amongst many others.

During our 4th Anniversary and Awards Party, as I looked around the room, my spirit was rejuvenated when I saw the representatives of our cause that have been stepping up.

The seriousness and devastation of addiction that is happening throughout the world, can be overwhelming and leave people feeling helpless and hopeless. Addicts and alcoholics need avenues and opportunities that will give them courage and renewed hope, to be able to live life on life's terms.

Whenever I see the resilience of the human spirit in the people who were downtrodden, appearing completely defeated, reclaim their desire to achieve their goals, my belief becomes renewed. I sincerely feel that this pandemic will eventually be brought under control, especially when I see the fortitude that is demonstrated through those addicted to drugs and alcohol regain their lives back.

We here at Keys to Recovery Newspaper truly appreciate and admire the recovery workforce, comprised of individuals from all walks of life, who selflessly put the needs and cares of others before their own. Let us all work together towards one central idea, and that is to be part of the solution in taking back our cities, states, and countries one addict at a time. We can do this one day at a time working in unison with no other agenda except, to stop this horrific plague from continuing to spread death, sorrow, suffering, and heartache. Until we come together again to reason with one another, may God strengthen and guide your steps. - **Marcus Marshall, Vice President & Cofounder**



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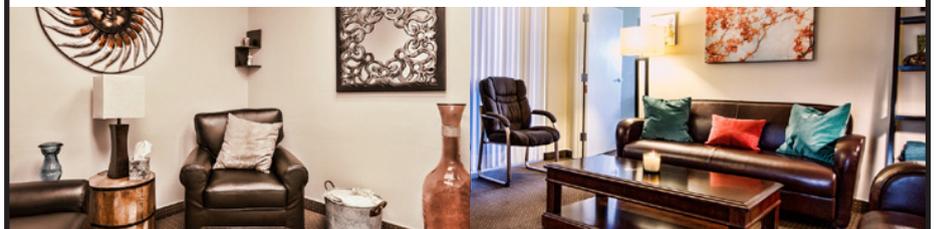
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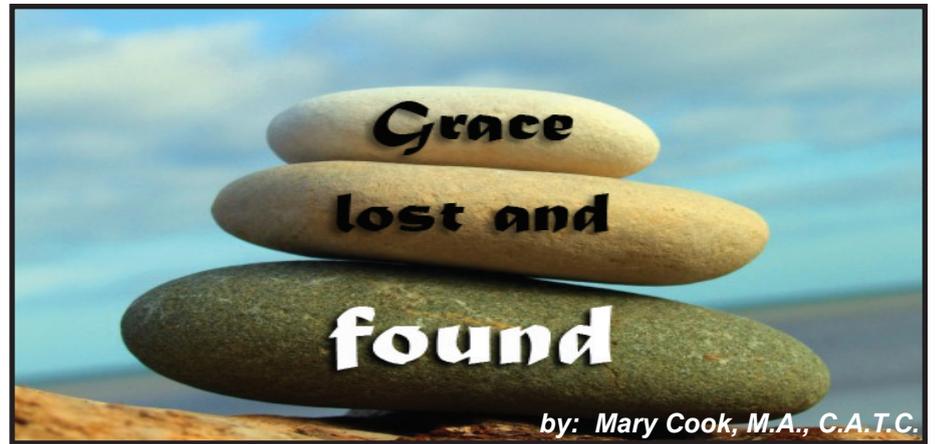
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by: Mary Cook, M.A., C.A.T.C.

FREEDOM FROM THE RACE

We chase addictions to money, power, possessions, drugs, and sex, instead of asking what it is that we hope to feel, and what it is that we are fighting, or running from. When did we jump on a treadmill of escalating expectations and call it life? When did we learn to fear our own pure feelings deep within? When did we lose awareness of who we really are, and what we have to give? When did we trade awe and wonder for greed and entitlement, and meaningful purpose for repetitive habits? When did we surrender truth and freedom, and create a life from our deepest wounds and defenses? When did we stop believing in our ability to evolve from all that we and life create? When did we stop trusting our connection to the infinite?

Typically, the desires underlying addictions are to experience a sense of peace, wholeness, happiness, and fulfillment. Ironically addicts experience violence and violations, a sense of deficiency, inferiority, misery and shame, and loss of what is precious and loving. Alternatively, peace is present when we pause from the busyness of our bodies and minds, happiness arises from gratitude and generosity, and we are created whole with inner gifts and talents that are meant to serve a fulfilling purpose.

We can deceive, corrupt, oppress, enslave, abuse, murder, and imagine that we're powerful. We can fear others' intentions, and stay small and self-contained. We can isolate from authentic engagement and fantasize that we are free. But we're really on a self-made island running out of food. Wounding others wounds us, staying small dishonors us, avoidance binds us to fear. The delusions of addictions only give us a bed of roses at the cemetery.

So, when do we face trauma and begin our healing journey? When do we meet anger and cruelty with understanding, and peacemaking? When do we meet sadness and loss with a compassionate heart, and faith in higher love? When do we find what is trustworthy in us and in our life? When do we find what nourishes us in body, mind, heart, and spirit? When do we find the sacred bond and know that we are never alone?

We can accept each moment exactly as it is, or we can try to control, resist, or deny it. We can focus on our judgment of the moment, or we can focus on our highest, healthiest response to it. We can accept that all of life is intertwined, or we can divide life into hierarchies, friends, and enemies. We can focus on our unique selfish needs, or we can focus on actions that bring the greatest good for all. We can live in a powerful evolving spiritual partnership, or we can live in a futile race, fighting for what cannot be possessed. We can live in loving stewardship of our planet, or we can destroy it and ourselves.

Instead of chasing addictions, running from life, or trying to control it, we can stand completely still in the fullness of truth right now. We can surrender cravings and fill our hearts with caring. We can accept the amazing and mysterious interweaving of earthly lessons and heavenly grace, and evolve from all that we and life create. When we release our need to acquire, change or control anyone or anything, we can stand in awe and wonder, and feel the fullness of our holy hearts joined in loving unity with all.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 42 years of clinical and teaching experience. Mary is available for telephone and office consultations, and speaking engagements. Contact her at 310-517-0825. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", at Amazon.com

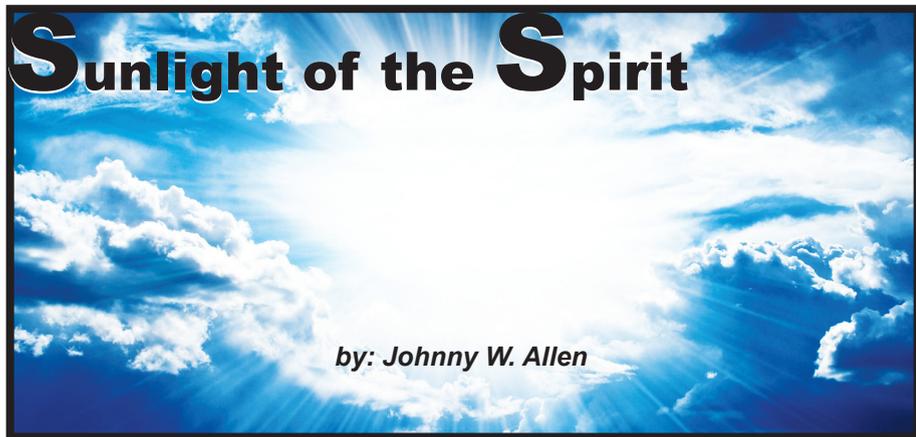


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LOVE IS THE CURRENCY OF SPIRITUAL LIFE

For many years, I believed acceptance and love were rewards for achievement, and good behavior. I worked very hard for the rewards. But though I achieved much, I never felt I measured up. Even in crowds, I was alone, unappreciated and unloved.

I overcame those feelings and beliefs twice in my life: First, when I discovered the power of alcohol. Second, when I escaped the grip alcohol placed on my life.

I grew up during and in the aftermath of World War II, the oldest child and only son of an evangelist and preacher, who moved from town to town seeking God's will and steady work. I attended six schools and became a basketball star before graduating from high school in Tennessee, hitchhiking to Knoxville to attend the University of Tennessee, and taking a night job as a newspaper reporter to support myself.

My first drink activated my alcoholism at the age of 22. Now married and the father of two wonderful children, I was still haunted by my shortcomings. The first drink became six and let me escape my fears, and find temporary peace. I got drunk, fell down and had to be carried home. For the next 22 years, I repeated that drinking routine daily trying to re-capture that peace.

Though commercially successful in advertising, public relations and political campaign management, I paid a dear price for my quart-a-day alcohol medication, losing family, reputation, and self-respect.

At 44, I saw others like me who had become sober and clearly comfortable in their own skins, after drinking careers like mine. I was told to sit with them, do what they did, and I would reclaim sobriety, peace and even happiness. On the one hand, I knew I was on a slow suicide track. On the other, I saw the positive examples.

I surrendered. I sat in the chairs next to people I would emulate. In recovery rooms, I became infected with recovery.

I still sit in those chairs, next to people who continue to show me solutions, hope and love. As a result, I love myself today. I measure up.

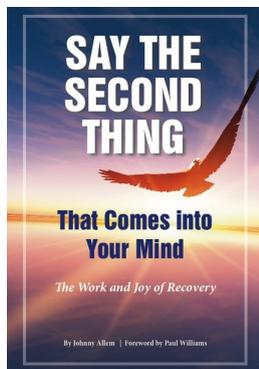
My gifts include a wonderful wife of 33 years, strong relationships with my two children and three grandchildren, freedom from the fear of economic insecurity, and all the other "promises."

I have been privileged to be successful in business, in a major government position, and as a national advocacy leader for appropriate public responses to addiction disease. I write, speak, and testify to the fact of recovery – when appropriate responses are applied in a timely manner.

I believe that love is the currency of spiritual life. And that life is essentially spiritual. At 80 years of age, I will have enjoyed this wealth for 36 years. And I am most grateful.

Johnny Allen is the founder of Faces & Voices of Recovery, the national advocacy organization based in Washington DC. Johnny is a greatly admired spokesperson for recovery.

Johnny is currently promoting his newly released book, "Say the Second Thing That Comes Into Your Mind: The Work and Joy of Recovery". It furnishes proven, realistic and thoughtful "tools" to address daily situations people face in early addiction recovery (the first 3 years). Each essay focuses on an effective strategy for maintaining and growing recovery in challenges to an individual's mind, body and spirit. These tools can be learned and practiced methodically or indexed for specific challenges. They are "suggestions" conveyed in a contemporary voice of an experienced helper. Available at www.Amazon.com.



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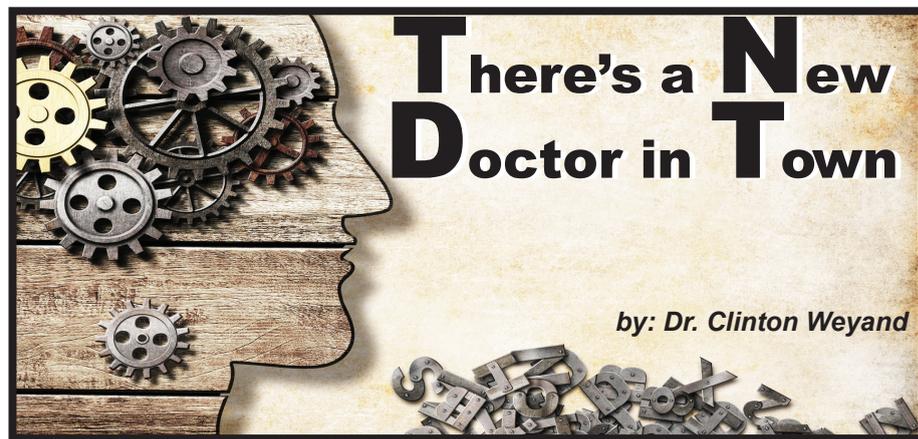
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RECOVERY, BALANCE & A LEAP OF FAITH

We are spiritual beings and our human self is a combination of finitude - infinitude and necessity - possibility.

Despair, self-deception, and addiction exist when these opposites are out of balance.

To always be Captain Fantastic and to allow the imaginary world to govern everything we experience, then we are not grounded. We lack boundaries and limits.

When we are too narrow-minded and parochial, we let others completely define us. We are governed by how others see us. We become a generic and robotic person, and we lose our individuality. We lack infinitude.

When we continually experiment with life without investing our energies on making priorities, we get obsessed with what life would be. We may experience ourselves as drifting, and we lack being grounded with commitments. We lack necessity.

When we act like a Complete Victim, and believe that everything is inevitable and we cannot make a difference, we fall into a type of determinism in which we lose track with our freedom. We lack possibility.

As addicts, we can lose our spiritual nature and experience all these forms of despair.

As we know, a great first step is Acceptance. Realizing that having it all in the material world isn't enough to get you to the spiritual world is a great awareness. Complete surrender and acceptance makes us capable of having a leap of faith from the material to the spiritual world. Put in other words, we really can get beyond our ego, and have a direct and loving connection to others.

Faith bridges the gap and requires a leap that goes beyond our reason, our intellectual insight, and our logic. We must fully embrace that there are things beyond our comprehension and that are paradoxical.

Another crucial insight is that a person cannot make a successful leap, when they hedge their bets by keeping one foot in their old life. William Janes noted that keeping drugs around "just in case," becomes our anchor which prevents any leap of faith.

The person living a faithful life of recovery does not watch his life unfold passively from the bench.

A person with good recovery has an ordinary life in many ways, full of small pleasures, involvements, difficulties, and joys.

Dancing through this life, he or she gets back part of the beautiful life as well as an ethical life. There is great pleasure and fun; boredom is not an option.

Basic pleasures are not shrouded in a chemical base or hangover; they can be appreciated for what they are and kept in perspective. All these feelings can be cherished because they are based in the spiritual awakening of real recovery.

When we have good recovery, we have transformed the meaning of suffering we have inflicted on ourselves and others. Not being satisfied with stereotyped answers, we continue to elaborate and work through the living Truth, which keeps us aware and awake.

The leap into recovery from the life of addiction is both horrifying and hopeful. It is the one sure way to regain a self that was lost. No one can make the leap for another. Each person is responsible for their own quality of life. Accepting full responsibility for this life, we would be willing to live the same life for eternity. This is what people in recovery achieve.

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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I didn't know that even while working a program, that my eating disorder could develop from so many different areas in my life, such as socially, environmentally, spiritually, and physically just to name a few. This was unbeknownst to me until after the severe accident that I experienced. It is amazing how circumstances that can negatively impact your life, turn out to be one of the many determining factors that guide you to success.

I want to show how certain events unfolded in my life, which I now realize were designed to help me overcome my eating disorder. It all started when I was helping to build five 500,000 Volt Power Lines, that were going into the city of Los Angeles. There was a tall tower that had been put off as far as completion, because of the possibility of high winds. I was sent with a crew of about fifteen other guys to complete the tower, so it could be energized.

I had been working twelve hours a day, seven days a week. It was a Monday around quitting time, when I was in the process of attaching my second lanyard to the cable that was going down. As I was climbing down the ladder before I was able to attach it, a strong wind came out of nowhere and blew me off of the tower. My other lanyard was attached to what is called a pelican hook (nautical rigging hardware, capable of being released under load), which was around a piece of angle iron (L-shaped metal bracket).

As I bounced the angle iron ended opening up, which caused me to fall to the ground, I was airlifted by a helicopter to the rooftop of a hospital. I spent a month at the hospital before I was transferred to the Center for Neuro skills. There I had forty-five hours a week of physical therapy, they told me I was very lucky that I could walk, because the severity of my injury was an extremely hard and slow process to recover from. They said that they did everything possible to save my life, and during that time I swelled up to 340 pounds.

When you have physical limitations and inactivity, your recovery time is a very important time to be diligent. Often times the doctors won't let you exercise a certain part, or parts of your body, which can lead to that specific area becoming soft and flabby, which was the case with my injury and my recovery.

I decided that the most important thing that I could do each day was to remain steadfast in my eating. All of the medical procedures and shots, that were being done on and to me, were turning to sugar. That caused my body to retain water, and in order to start losing weight I decided it was time to get real serious about my food plan.

I came back to CEA-HOW, and I was very happy that I lost fifty-two pounds in the first month. Through the medical procedures I have now progressed up to the higher levels on my lower back without requiring shots, so I can be more active, which should help keep me from gaining weight or retaining any water. I have been able to maintain a healthy body weight, since I got obese from my injury. I feel a lot better not using sugar, white flour, or processed foods.

I would rather be able to eat and taste my food, then to have these problems from the shots. I am excited to have the CEA-HOW 12 Step in my recovery, I now have an attitude of gratitude. I am thankful to my Higher Power who I choose to call God, that I have control over my eating during the times at certain events, where food is the center of attention. Also, during periods of my medical recovery when I wasn't able to be physically active, I continued to apply self-control nonetheless.

My experience is that no matter what you encounter you can usually get through it with the help of the program and a Higher Power.

I have nothing but kind thoughts and words to say about my recovery in CEA-HOW. If you or someone you know might have an eating disorder please contact: CEA-HOW: Compulsive Eaters Anonymous – HOW www.ceahow.org. World Service Office (323) 660-4333. OR www.valleyhow.org (818) 503-7484 OR San Fernando Valley Intergroup, (818) 667-6722 or e-mail: sfvalleyhow@aol.com.

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by: Doug Bopst

EGO & HUMILITY

The first thing you need to know before reading this is that we are all human. We all fall victim to this. Everyday. Multiple times a day. But, it's okay. I am simply here to give YOU a different perspective on it all and see if there is a nugget or two you can take to apply to your life. The topic is ego and humility.

The ego is much more than being arrogant or feeling that you are better than someone or something. It's also about other things such as self-preservation, fear, self-pity, taking things personally and several others. Let me explain these.

I was recently reading a self-help book where it talks about freeing yourself from being offended in life. It's a game changer. It goes deep into the topic of self-preservation. You see, when we get in arguments or disagreements, we tend to "deflect" the blame onto the other person immediately. We do this so that we don't have to look inside at our own hearts and look at the real cause of the problems. Deflecting and "self-preserving" automatically gets you off the hook and lets yourself know that you did nothing wrong and it's all on "them". This only delays the improvement of yourself, because the first step in improving a problem in yourself is admitting you have one. Admitting it to yourself. Admitting it to a loved one. Admitting it to God or your higher power. But, it's because of our ego that we are afraid to look inside FIRST. We feel better knowing that it was "them" and not "me". Trust me, this stuff happens all the time. Remember the way someone acts is on them, the way you react is on you. Learn to own your mistakes and focus on being better each day in improving them. That, my friends, will help you lose the ego and become more humble.

Fear. Man, this is a tough one. Fear is being scared of something that may or may NOT happen. But, often times when fear strikes us it is due to something happening to us that we worry could hurt our opinion or ourselves or worse, someone else's opinion of us. This could affect our pride and ego. I was told long ago, that the opposite of pride is humility. Learning to live in Faith and not fear. Faith and humility go hand in hand. When we have faith, we are humble and optimistic that we are NOT in control and whatever is happening to us is happening FOR us and the greater good. Fear shackles us. Most of the time when we are fearful, we are scared of how others will view something and not actually scared of "something". Surely, if you have a bear chasing you or have a severe illness that will certainly cause justified fear. But, I am talking about things like the fear of putting your story out there to help others or the fear of taking a shot at your dream job because you are fearful that it could hurt your ego. Learn to live in faith, not fear. Trust your heart and not your ego and you will be more humble.

Self-pity is another one that happens so much. This happens a lot when people hit times of adversity. They immediately jump into the land of self-pity and feeling sorry for themselves. Thinking they deserved better and the "I didn't deserve this, woe is me" mentality. This as well falls right into the same pride and ego category. Shutting yourself down, trying to make yourself feel better and focusing on yourself and not focusing on our Spiritual leader and what their plan is for you and the life that has been given to you. Trust me when I tell you it is not always easy to be humble and "let go and let God", and let go of your ego in certain situations. I've been there and done that. But, what I can promise you is when you realize that things happen for you, and not to you, you will slowly let go of the ego and become a bit more humble.

Taking things personally is one thing that we all struggle with time to time. I learned a ton from the book, The Four Agreements by Don Miguel Ruiz. One of which, is not to take things personally and you live a much happier and purposeful life. When people act a certain way or treat you in a certain way, we tend to make it about "us", and take it personally. This sets us up to be easily offended, hurt and upset. Remember, like I said earlier, the way someone acts towards you is a reflection of THEM and not YOU. But, the way YOU respond is on YOU. When we take things personally, we make it about us and our ego. Instead, we need to take the focus off of us and learn to be more understanding of the situation and each other. That is humility.

Letting go of ego and pride is one of the hardest things for us to do. In the world we live in, we are almost automatically wired to constantly put the focus on us instead of humbling ourselves to the situation and putting our focus on Christ. I've been there trust me. I have let my ego get the best of me time and time again. But, I have learned quite a bit from each situation and hoping that these lessons inspired you to take a second look at your ego and learn to practice more humility.

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 Baltimore's 12 Fitness Heroes in 2015. www.dougbopst.com, www.facebook.com/dbopst.



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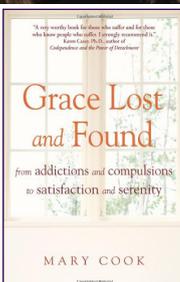
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by: Steve Jones

THE RECOVERING

Leslie Jamison is the author of the New York Times bestsellers *The Recovering* and *The Empathy Exams*, as well as a novel, *The Gin Closet*. She is a contributing writer for the New York Times Magazine, and she directs the graduate nonfiction program at Columbia University.

In your beautifully written book, *The Recovering*, you wrote: “If I had to say where my drinking began...I might say it started with my first blackout.” Could you talk about the urgency for oblivion, which seems to be absent in ‘social drinkers’?

One of the ways that I tracked the evolution of my drinking, was from telling myself that drinking was making me more present in my own life—sharpening and deepening my experiences, facilitating these long epic nights where anything could happen—to the realization that drinking was actually a way of absencing myself from my own life. It took me a while to figure out what a blackout was. At first it was an unfortunate side effect, but at a certain point, drinking to the point of blackout started to feel like an escape hatch, a magic trick—not having to live inside the discomfort or the sadness of whatever I was feeling.

You wrote: “The myths of Iowa City drinking ran like subterranean rivers beneath the drinking we were doing.” Do you think these tragic myths served as an anchor, reinforcing your alcoholism?

Absolutely. I moved to Iowa City when I was 21 and I desperately wanted to be a writer. I was moving to this town where so many writers that I admired had been students; teachers; had written books that I loved. I was stumbling down the same sidewalks they had stumbled down. I was very young and very attracted to myths so I think there was a strong sense in which my idea, of what it meant to be a creative person, started to feel really shaped by this silhouette of the drunk artist, who encountered deeply painful truths about the human experience.

You wrote that “being drunk seemed the only logical conclusion of drinking.” Do you think the sheer incomprehension as to why people can happily restrict themselves to one or two drinks, is a major marker of an alcoholic mind?

Completely, or at least it's a major marker of my alcoholic mind. When I stopped drinking many people in my life asked me, “Do you think you will ever reach a point where you can just have a glass of wine?” And I realized the whole head space of where that question was coming from felt very foreign to me. My reaction was: “Why would I ever want to have just one glass? What's the point?”

You relapsed once in AA and you came close to a second relapse. What drove that transition from short term- to long-term sobriety?

When I came back into recovery after my relapse, I had gone through the whole arc of being in recovery, convincing myself I didn't need to be in recovery, drinking again, and seeing that the drinking had gone back to exactly the same obsessive, desperate place. I was much more willing to commit to something bigger than whatever I felt like doing at a particular moment.

You wrote: “Action could coax belief rather than testifying to it.” Could you talk about this?

There was a woman very early on, who I didn't necessarily get along with that well, who also was struggling with drinking and at a certain point wanted to stop. I didn't feel like spending time with her; helping her; taking her to a meeting; but it unfolded into this really meaningful friendship. Taking action became something I felt internally connected to. I also became more comfortable with the idea of not being able to define a higher power as something with a very strict set of edges—this idea of something that is not me. It was very liberating.

You talked about how “relief came from sitting still and listening” [in AA meetings.] Could you talk about this process?

One of the things that I have always loved about AA meetings is just listening to other people. It's part of being a writer. I loved stories, and that love was met in the rooms by people who shared about their lives in this extraordinary way. I also just loved that it gave me a way out of myself—to put myself in a chair and just listen.

Creativity comes with its own challenges: elation, disappointment, affirmation, criticism or just plain old indifference. How do you deal with the vicissitudes of the creative life today?

Great question. Self-absorption is really a peril when it comes to the creative life—this constant hunger for affirmation. I would be lying if I said I was completely liberated from that hunger for praise.

One of the clichés that I have loved most in recovery is that sometimes ‘the solution has nothing to do with the problem.’ In this case: the solution has to do with not trying to think my way out of everything. Sometimes the solution to my feeling bad about my creative life is to give somebody a ride to a meeting, or have a conversation with a student.

You wrote that “sobriety was like a merciless interrogation room, every detail lit by harsh fluorescence.” Is there more ‘soft glow’ in your life today?

I felt very aware of everything once I got sober. I didn't get to mute or at least turn down the volume on my own internal monologue at the end of every day. I was very aware of my own flaws. That feeling of that uncomfortable light has softened a lot over the years. It's not that there aren't things that make me feel unhappy or uncomfortable, but now it feels okay to be awake.

One of the central questions in your book deals with the idea that active addiction serves as a foundation, or possibly a prerequisite, for great writing. On reflection, would you say this is a myth, and possibly a dangerous myth?

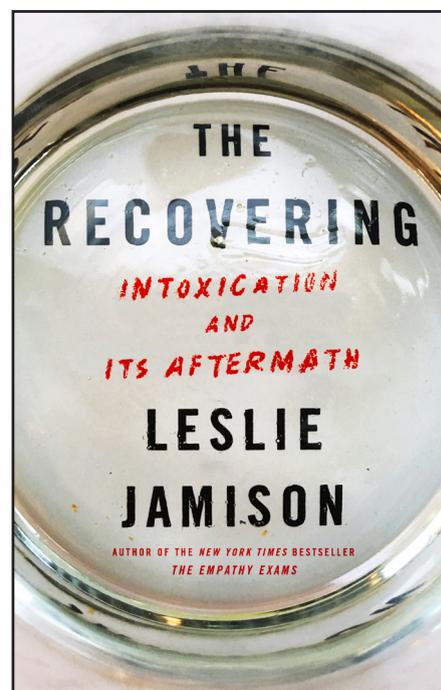
Every addiction ends up as something really brutal, and this brutality is a necessary truth to hold alongside the idea that addiction can be part of making great art. It's also important for me to not be reductive in the other direction. Many people have struggled with addiction and have managed to create work not only in the aftermath of that struggle, but also from inside that struggle. Jean Rhys drank until the end of her life and she wrote beautiful books. What would her creative life have looked like if she had ever gotten sober? Nobody can answer that question.

When you think back to the days when “passing out was no longer the price but the point”, and you compare those times in your room—alone, drinking—and your life today, what are you grateful for?

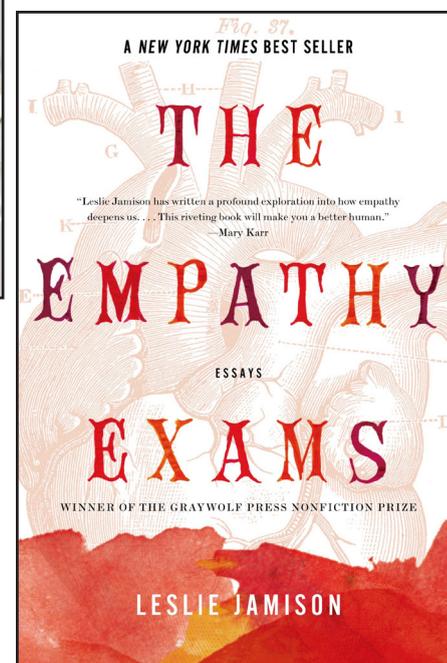
So much. When I'm on my game, I try to start each day by listing a few things I'm grateful for—it often comes back to people, my mother or my baby, but I also find myself feeling grateful for unexpected things: that someone reached out to ask me about help with a relationship, and I was able to say something useful; or that someone was kind in the supermarket line when they didn't need to be; that the heat broke and the rain felt good; that I got to talk with a good friend and eat chocolate after my baby daughter fell asleep. When I think about what I'm grateful for, compared to my drinking days, I think a lot about the size of my life—how there are so many people in it—my family, my friends, my students—and their joys are my joys, their troubles are mine as well; there's a sense of plentitude in that ecosystem, the way it holds so much.

Leslie Jamison lives in Brooklyn with her husband and their two daughters.

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.)



The Recovering: Intoxication and Its Aftermath: by Leslie Jamison was an instant New York Times best seller, and is available at www.Amazon.com

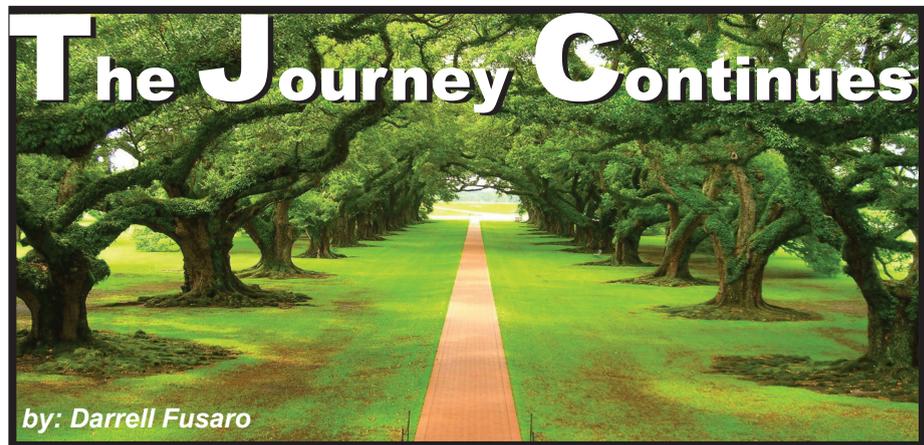


The Empathy Exams: Essays. was the winner of the Graywolf Press Nonfiction Prize, and is available at www.Amazon.com



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by: Darrell Fusaro

FEELINGS AREN'T FACTS

"Fusaro, try not to become the newest member of the 180-degree club your first time at the helm," said the Captain.

"What's the 180-degree club, Sir?" I asked.

We were aboard a 378-foot Coast Guard cutter patrolling the Bering Sea. It was 1986 and we were navigating by stars, a compass, charts, and math. Since we were so close to the pole the compass was unpredictable and on this night the fog hid the stars. It was the days before GPS.

"On a night like tonight, if not vigilant, you can end up taking us 180 degrees off course and in the opposite direction without realizing it. So trust your gauges," he said.

Trusting the gauges was the key to reaching our destination. A little off to the left or right and the gauges would alarm me to steer the ship back into alignment and safely on course. In order to stay on course, I had to continuously make adjustments. It worked, I trusted the gauges, made the indicated adjustments and we made port.

Navigating through life successfully is much the same. Trust the gauges; make the indicated adjustments and a healthy, happy, prosperous life is yours. The gauges to trust are your feelings. The saying, "feelings aren't facts" is true. Feelings aren't facts, they're indicators. They indicate which direction your thoughts are taking you. Since it's always thought first, feeling second, your feelings will always indicate the general tone of your thinking.

Thoughts move so rapidly that most of the time we aren't aware of them. That's when feelings are the most helpful. Even though we may not be aware of what we're consciously thinking at times, we are always aware of how we feel.

Simply put, when you feel good it indicates that your thinking is in on course, and moving with the positive stream of life. You're in alignment with your heart's desire, or God's will if you prefer. These are thoughts of love, gratitude, joy, passion, enthusiasm, happiness, joyful expectation, and hope.

Likewise, when you feel bad it's an indication that your thoughts are out of harmony with your heart's desire. Thoughts of annoyance, worry, criticism, blame, anger, envy, revenge, resentment, guilt, and fear are simply an indication that you've drifted off course into rough seas. It is time to steer your thinking back toward the light.

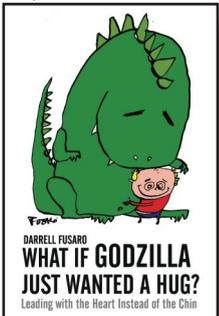
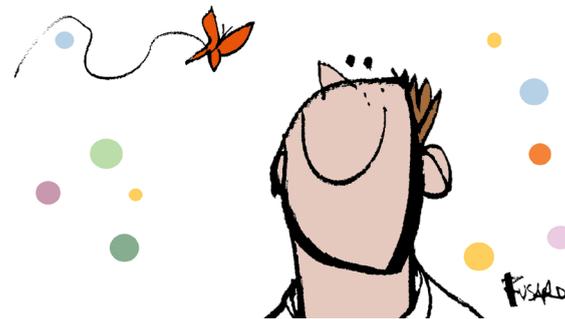
Just as on the ship, it would be insane to proceed traveling off course once you've become aware that you are heading in a dangerous direction. Quickly as possible you'd make the course correction and feel at peace. However getting our thinking to come around isn't as easy as turning a ship's wheel. Our thoughts need a little coaxing. The most effective method is the use of positive prayer. This is the desire to let go of these ill feeling thoughts and to have them replaced with something better.

A prayer I often use is, "God remove this fear, worry, doubt, or resentment, etc...and direct my attention to what you would have me be". Another form of positive prayer that works is to begin thinking about what I'm grateful for. It can even begin with being grateful for the ability to choose to make a positive change in my way of thinking. Gratitude is a magnetic force that attracts more things and circumstances to be grateful for.

One more example of a positive prayer method is simply, "move a muscle, change an emotion". In other words, take some small simple positive action and your mood is sure to follow. Something as ordinary as doing the dishes, or washing the floor tends to transform everything for the better. If this all sounds too simple to be true, be grateful that it is. God does not make the way hard for those who seek him.

If you are presently complaining about something that is happening in your life, then you are focusing on what you do not want. Instead, adjust your sails and steer toward the light. Have faith (joyful expectancy) in God (good) and miracle will follow miracle, and wonders will never cease.

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran, and author of "What if Godzilla Just Wanted a Hug?". To learn more about Darrell visit www.ThisWillMakeYouHappy.com



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HAPPY, JOYOUS AND FREE

What does it mean to be happy joyous and free? In the literature of the big book of Alcoholics Anonymous on page 133, it states "We are sure God wants us to be happy, joyous, and free. We cannot subscribe to the belief that this life is a vale of tears, though it once was just that for many of us. But it is clear that we made our own misery. God didn't do it. Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence".

In our combined recovery of 35 years of sobriety, this statement has not been more appropriate to our lives than in this moment in our journey. At the time you are reading this we are in the process of letting go of so many attachments in our lives. After almost three years of conducting and facilitating over two thousand groups in four different treatment centers, we are letting them go. After establishing roots in our three bedroom house we are letting it go. After building a community in four different 12 step communities, we are saying goodbye. After nurturing a tribe of families, and spiritually minded friends as well as our own family members, we are venturing off into the unknown. As we have written in a past article, we are setting off on, in a converted school bus with our kids and dogs and being guided on a year-long journey through America.

Not a single previous moment in our lives would we have been ready for this excursion. Being happy joyous and free is not a destination to strive for...it's the experience of BEING in the moment. It's the choice in every moment to choose joy. To choose freedom. To choose happiness. The ability to choose is why we work so hard spiritually and emotionally. The freedom of choice is not by accident or happenstance. It's through the grueling work of taking ownership of our past mistakes, to grieving and letting go of old wounds especially the most painful violations. It's looking at our current behaviors and seeing the connections to old survival patterns and being willing to let them go. And after doing all that, you continue and consistently repeat this process as our conscious mind brings more of the unconscious to the forefront.

This last part is the most important because, in order to be totally free and joyous and have the ability to choose, we must shed all the conditioning that keeps us trapped in fear, pain, and in the past. This requires continued shedding and letting go.

We understand that as we venture into this new chapter of our journey that we just continue the process of shedding that even though when we think we have reached a place in our lives where we experience the sense of joy and freedom it's just another vista along the path. Enjoy the scenery, feel the wonder and beauty and then let it go.

A few days ago we had a rock-out group for both of us at one of the centers we have worked at for two years. In that emotionally charged goodbye, we experienced what it means to feel that sense of completion that comes with accepting the moment you are in. We both were nervous that morning and wanting to avoid saying goodbye. For both of us, we had a lifetime in our addiction and in recovery running from goodbyes. In Kelly's past, she would create a chaotic mess and before the dust settled she would vanish. In Rudy's past, he would disappear in thin air like a smooth magician when no one was looking. Both of us were skillful at avoiding the pain of transitions in life. However, with all the emotional and spiritual work we had done over the years we knew it was time to transition with a proper goodbye and embrace.

Once we let go of that resistance and accepted that goodbyes are hard but that it's necessary we embraced it and fell into the flow of love and acknowledgment of our service and in return our love back. In that deep surrender, what we received was joy and freedom that that moment gave so effortlessly and beautifully.

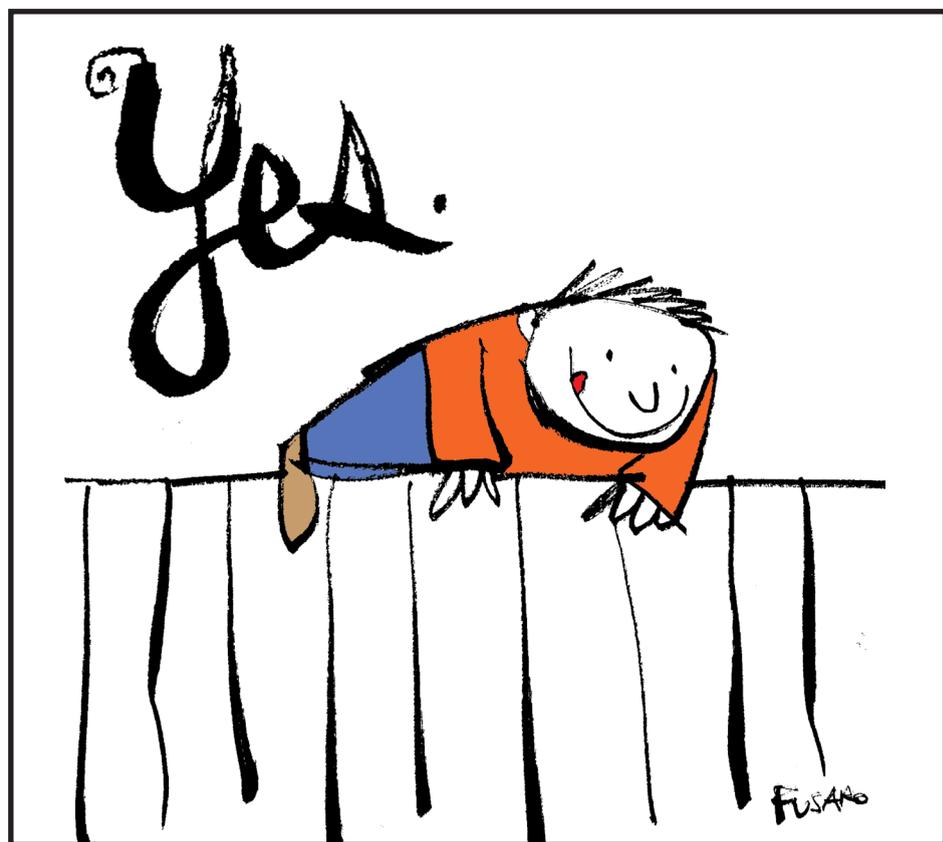
So as we leave the vista of our current life, we welcome the continued evolvement of our spirits. We will continue to share the gifts of our journey and the blessings that come from our struggles. We send love and strength as you trudge this happy destiny of life.

Happy trudging to all.

Love only, Rudy and Kelly Castro Conscious Partnership



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



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BY Allison Seriani,
Anne Martin
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NO ONE IS UNFIXABLE

You may remember Brandon Novak from the popular MTV shows “Viva La Bam” and “Bam’s Unholy Union,” or from the box office hit “Jackass” motion picture series back in the early 2000s. Maybe you recognize his face, his tattoos, or his contagious laugh. One thing is certain, the Jackass pranksters (including Bam Margera, Johnny Knoxville, and Steve-O) inspired a generation of carefree daredevils, and millennials vividly remember their on-screen antics to this day. Brandon Novak was part of the legendary crew, appearing in many of the featured shenanigans. But that’s not all there is to Brandon’s story. Years before, at the age of just 15, Brandon had already made his name in the world of professional skateboarding as a member of the renowned Powell Peralta Team. It was here that Brandon got his start traveling the globe, even starring in Gatorade commercials alongside NBA star Michael Jordan. In fact, Novak was the first professional skateboarder to ever be endorsed by the billion-dollar sports drink brand. By all accounts, Brandon was wildly successful.

From the outside, it looked like Brandon had it all. A millionaire before he turned 20, a household name in the skateboarding industry, and eventually a film and television career as well. But there was a dark side to his story. The party lifestyle accompanied Brandon’s fame and fortune, and eventually, he was going out every night. Drugs and alcohol were abundant, and Brandon will tell you himself- eventually, it became his job to party and get high.

The lifestyle ultimately led him towards a downward spiral, from which he couldn’t escape. Eventually, he lost everything. His skateboarding career, his film deals, his money, and even his sense of hope... everything was gone. Once a multi-millionaire, Brandon wound up homeless on the streets of Baltimore. He could not break free from the grips of addiction. It seemed that he would never get better; he had been deemed “unfixable.”

“I had lost count of outpatients and detoxes. I had been airlifted into four different hospitals, in four different states for four different overdoses. My mother had bought me a plot. I was in a coma for days and on life support,” Brandon said.

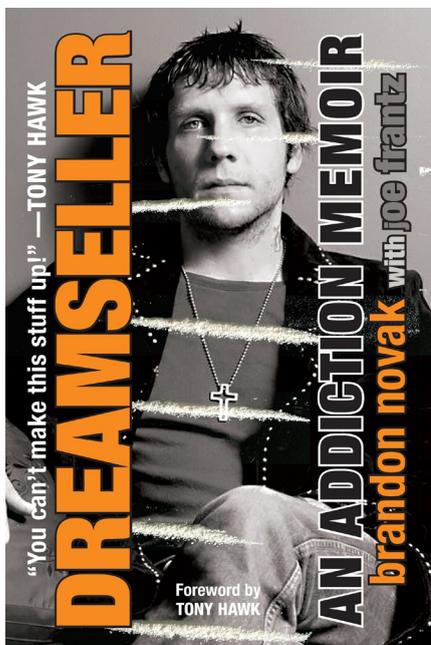
As he will tell you though, no one is ever unfixable. Not even him. It took the skateboarding prodigy 13 inpatient treatment stays to find lasting sobriety; he accomplished the impossible. More than three years later Brandon is still clean and sober. That 13th time, he got it right. Brandon has had life experiences that most people only read about. His “New York Times” best-selling memoir *Dreamseller* outlines the story of his life. Brandon gets personal in the gritty text, discussing his family and the darkest depths of his heroin addiction. The book goes on to chronicle his revelation to finally turn his life around and his journey in recovery. It has become a top seller on Amazon, and he now travels the country for speaking engagements and book signings.

Brandon was in a deep state of addiction and struggling. “For the better part of 25 years, I drank, smoked, sniffed and snorted any drug I could get my hands on,” he said. Brandon even recounts a time when his mother, Pat, prayed for his recovery to their priest. “Her prayer consisted of God, please cure him, kill him or kill me because I can’t take it anymore.”

Little did Pat or Brandon know at the time, that God did have a plan. That plan started to reveal itself when Novak walked into that 13th treatment center in Bucks County, Pennsylvania.

“I was demoralized in just such a fashion from drugs and alcohol, I was beaten into a state of reasonableness that I was willing to listen,” he said. “What I realized walking into that 13th inpatient treatment center, with worldly possessions of eight scarves, two jackets, three socks, one stick of deodorant and four cigarettes taken from a receptacle, was that I knew that I didn’t have the answers.”

Accepting that he didn’t have the answer was a huge step for Brandon. In the past, he never heeded the advice of his mother, counselors or authorities. In part, because of his success, he felt that he didn’t need to listen to the suggestions of others, he had already made it. The reality was, however, as Brandon will tell you, that he could not seem to keep a needle out of his arm. It was only when he fully surrendered, took the help that was offered, and found a spiritual path that he could truly recover.



“My spirituality is everything to me and God has brought me to a 12-step program, and the 12-step program brought me back to the God of my understanding,” Brandon says. “The disease of addiction is not a death sentence. Your history does not have to dictate your future, and as long as you’re breathing it’s not too late.”

Brandon is now a spokesperson for Banyan Treatment Center, where he travels the nation speaking to audiences at schools, community events, jails, and anywhere else that his story may help spread the message of hope. His greatest achievement is not the book or television shows, but the ability to understand what people are going through, and to help them find their own way out of despair. Mothers, fathers, sons, daughters, friends, and communities seek out Brandon for support and guidance. One of his most recent tours, “One Community, One Concern” is a collaboration with the Bucks County Drug & Alcohol Commission, Inc., and Barnes & Noble bookstores. At the events, which are free to the public, hundreds of people gather to hear local county officials, Brandon and counselors speak about addiction, treatment resources, and recovery efforts. Brandon and his outreach team plan to tour multiple Barnes & Noble stores throughout the country.

Brandon’s story captures vast media attention as the opioid epidemic sweeps across America. He now appears on TV segments again, but a different kind. News outlets and esteemed talk shows invite Brandon to share his message of recovery with their viewers, in the hopes of reaching anyone who may be struggling. He has been featured on “Good Day Philadelphia” and “Good Day New York,” among countless others. These days it is rare that Brandon visits a city without sitting down with local television producers to film a segment on recovery.

This summer, Brandon is getting ready to launch the first-ever addiction graphic novel, another route for him to share his message.

People are drawn to Brandon’s realism. Through all of his experiences, he’s been able to rise above his hardships with remarkable stoicism.

In an interview with ABC Detroit this past July, Brandon proudly stated, “Now I stand here before you, more than three and a half years sober. I just bought my first home, I’m a productive member of society.”

The most admirable part about Brandon is that despite his regained notoriety, he is never too busy to lend an ear to those who are in need of help. He takes the time to speak with anyone who is seeking information or has gained inspiration from his story. It is not uncommon for him to listen to a crying mother and offer her support for her child. In fact, he frequently gives out a private cell phone number, so that anyone who is struggling can reach out to him directly. Brandon is in the process of receiving his intervention certification, and assists families who are looking to place their loved one in treatment.

The most common thing that Brandon hears today?

“Novak, if you can get clean there’s no reason that I can’t.”

This article was authored by Allison Seriani, Anne Martin and Brandon Novak. Brandon Novak is a National Spokesperson for Banyan Treatment Center who resides in Philadelphia, Pennsylvania. Banyan Treatment Center is Joint Commission Accredited and stands as a leader in the treatment industry providing quality drug addiction and mental health services. With 9 locations across the country. Banyan provides a full continuum of care including medically managed detox, residential, partial hospitalization, outpatient and alumni services. For more information visit www.banyantreatmentcenter.com or call Brandon directly at (610) 546-2608

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5,772 – That is how many sons, daughters, mothers, and fathers died of an opioid overdose in the Western States in 2016; that is 14% of the opioid overdose deaths in the entire United States in only 11 states. This number is expected to rise significantly when the numbers roll in for 2017. The problem looms large and it can be difficult to know where to begin in forming a solution.

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by: Jenni Schaefer

30 THINGS YOU NEED TO KNOW ABOUT TRAUMA & PTSD

My therapist prescribed me to drink more alcohol. I had described symptoms of posttraumatic stress disorder (PTSD), yet once again, the diagnosis was completely missed. Even worse, this unformed therapist suggested that I drink wine “medicinally”, beginning in the morning, to help cope with what he said was high anxiety. What makes this horrible advice even more dangerous is the fact that upward of fifty percent of those with PTSD, also battle substance use disorder.

PTSD is often missed, and trauma is frequently dismissed. It is no wonder that so many of us who struggle don't know it. Many of us already think “what happened to me wasn't that bad”, so PTSD is nowhere on our radar. Using specific language like the words “trauma” and “PTSD” isn't about labeling, but rather about serving as a compass for help. This PTSD Awareness Month, let's work to get the truth out about posttraumatic stress disorder, thus, getting more help to more people:

1. Trauma can be viewed as anything less than nurturing that alters your view of yourself, and how you relate to the world. Mike Gurr, Executive Director of The Meadows Ranch, tells patients, “If it's important to you, it's important”.

2. Traumas not deemed PTSD-worthy, according to the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), can lead to PTSD symptoms just as severe as traumas that do qualify.

3. Among those who experience trauma, up to 20 percent will go on to develop PTSD.

4. Those who develop PTSD are not weak. In fact, PTSD has a lot to do with genetics and biology. As one example, based on hormone levels, researchers can predict—prior to deployment—which soldiers will develop PTSD in the war zone.

5. Sexual assault, more than combat or any other type of trauma, is most likely to result in PTSD.

6. Women are twice as likely as men to develop PTSD.

7. Some individuals who don't meet the rather strict diagnostic criteria for PTSD in DSM-5, experience just as much impairment as those with full-blown PTSD. Researchers call this partial PTSD; it deserves help.

8. One reaction during a trauma—lesser known than fight or flight—is freeze. Think deer in the headlights. Without seeking professional help, people who freeze during trauma might ask themselves for the rest of their lives, “Why didn't I do anything”?

9. People who develop PTSD did do something during their trauma. They survived. Fighting, fleeing, and freezing are all biologically appropriate responses to a trauma.

12. Known as delayed expression PTSD (or delayed onset), symptoms can surface years after the trauma happened.

13. Although not included in DSM-5, clinicians and researchers widely agree that “complex PTSD” is a separate and unique form of the illness, one derived from exposure to multiple traumas, particularly in childhood.

14. People with PTSD are not crazy. PTSD is actually a normal reaction to an abnormal experience - a trauma.

15. PTSD can be passed on through DNA from parent to child, known as intergenerational trauma. Children of Holocaust survivors might struggle with PTSD symptoms, even though they have never experienced a trauma directly themselves.

16. One of the greatest protectors against developing PTSD is social support.

17. People with PTSD are not dangerous. Many don't even experience anger as a symptom.

18. PTSD looks different in everyone. Analyzing the various ways that the hallmark symptoms can manifest, there are 636,120 possible presentations of PTSD!

19. PTSD is no longer categorized as an anxiety disorder. Some with PTSD experience the disorder more as shame or grief-based, and less as anxiety or fear.

20. Alongside PTSD often come problems like eating disorders, substance use, depression, and insomnia.

21. Trauma can be stored in the body as chronic pain.

22. People with PTSD can't just “get over it” any more than someone can just get over a broken leg. PTSD is a brain injury, one that needs treatment.

23. When people with PTSD are triggered, they have essentially lost access to their prefrontal cortex, the rational, decision-making part of the brain. This isn't their fault, yet they can learn to take steps in accountability by seeking support.

Con't Page 22



GAMBLING ADDICTION & THE ENABLING SPOUSE

WARNING: If you are early in recovery or still an active gambler, this article could be a trigger.

I always feel a unique responsibility to be open, transparent, and honest when it comes to sharing what gambling addiction has taken from me. Almost took my husband and devastated our finances. On July 29th I will make the eleven and a half year mark maintaining recovery from this cunning and devastating disease. But there is another side to this addiction many don't know. The effects it had on my husband of 29 years and how it almost destroyed our marriage and made financial future much harder to accomplish.

In the thick of my gambling addiction, I can not count the times my husband would come looking for me, knowing I was out somewhere gambling all our money away. When I crossed the line into addicted gambling, it may have been our mortgage payment, our household money for food, power, or gas bill. I could have pawned something of value, again, to get money to gamble. It could have been my whole paycheck, poooof, gone in a few hours of gambling! I know how 'Crazy and Ludacris' this may sound to those reading this, but this is how "sick" I became within my addiction.

Even to this day, I don't have a wedding ring as a reminder of all that I lost from my poor choices and twisted, diseased, sick thinking while deep within my addiction. We become a whole different person that our spouses may not even know anymore. Countless times my husband would tell me, "you love those damn slot and video poker machines more than you love me!" All I can say is an addiction is the worst form of selfishness and betrayal to the spouse. Why? They have no idea how to help the addict.

Many times when they do try to stop us, intervene or even threaten they will leave us, it can turn out to be a form of "controlling" the situation like the loss of money, forbidding the addict to gamble or end up "enabling" the addict. That is what happened to my husband and me. No, he never left, but looking back, he sure had enough evidence!

I continued to gamble by 'manipulation' and letting my husband think he had the control over when I would gamble. I had talked him into going with me when I felt the urge to gamble, making him believe he could lessen the loss if he were with me, but it ended up and began a whole new, different cycle to my addiction. That, in turn, prolonged my gambling habit another few years. So how can a spouse or partner avoid enabling? As you will read below, my addiction and my husband was the "classic enabler." So, here is essential education both my husband and I learned when I came out of treatment the second time due to another failed suicide because my addiction got so bad. I began to work with a gambling specialist and coach for a year as my husband worked with a treatment counselor.

First, what is enabling? "It is any action that makes it easier for the addict to pursue the addiction. There are three basic components of enablement". (Below is courtesy of Focuson-theFamily.Com)

ONE: Covering up and covering for the gambler.

Addictions of all kinds are progressive in nature, especially gambling. A person with gambling problems will eventually fray from relationships at work, with close friends, or in the extended family. Your spouses' addiction may cause them to miss time on the job, or alienate relatives by reneging on family responsibilities. When this happens, you may be tempted to intervene by calling their boss to excuse their absence, or by taking their side when a family member criticizes the behavior. Cover-ups can also take the form of bail-outs, such as assuming their family duties and responsibilities or fronting them money to pay a gambling debt. If you cover up for your spouse in these and other ways, you'll only be putting off the natural consequences of their gambling and indirectly green-lighting further destructive behavior.

TWO: Attempting to control the gambler's behavior.

A significant area of addiction treatment is that the addicted gambler must hit bottom, and feel some consequences before they can begin the grueling journey upward. Once the player reaches the addiction stage, they are no longer in control of their actions. At that point, this means they have to decide they want to stop and says that if you try to step in and control his or hers gambling, your efforts will probably prove ineffective and possibly even counterproductive.

Con't Page 22

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AUGUST Events

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

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.

FOURTH FRIDAY OF EVERY MONTH: EAPA SFV at Foundations, 17167 Ventura Blvd., Encino. 2 continuing education credits to MFT, LCSW, LPT and CEAP attendees. The educational presentation is conducted from 9 – 11 am, after networking at 8:30am. David, Twin Town, (310) 629-9669.

SATURDAY AUGUST 4TH 2018: 3rd Annual (N.A.) Old Timers Appreciation Breakfast & Meeting. 9am to 1:30pm, \$12 presale / \$15 at the door, Tujunga United Methodist Church, 9901 Tujunga Canyon Blvd., Tujunga, CA 91042. Meeting is Free Tickets are for Breakfast. Space is limited.

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

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

SEPTEMBER 7-9, 2018: THE 40TH ANNUAL VENTURA COUNTY ALCOHOLICS ANONYMOUS CONVENTION (VCAAC): will be held at the beautiful Hyatt Westlake Village. Fantastic Speakers - Magic, Mystery & Music ~ A night of Super Stars Sittin' n - Hyatt Regency Westlake, Hyatt Westlake Plaza, 880 S Westlake Blvd, Westlake Village, California 91306. Meetings & Events for AA, Al-Anon and Alateen (both in English and Spanish) Young People Dance & Karaoke, Newcomers, and Long Timers! Marathon Meetings, Speaker Meetings, AA Banquet, Al-Anon Luncheon. Visit our AA Archives Room and Al-Anon Country Store. There will be Raffles, Drawings, Prizes and Gift Baskets, Memorabilia sale items with T-Shirts, Mugs, Recovery Items and More! For information visit. www.VCAAC.org

TUESDAY OCTOBER 23RD 2018: 37th Annual San Fernando Valley H & I Birthday Dinner Fundraiser. 6pm to 10pm. Speaker, Door Prize, Silent Auction, Raffle Gift Baskets, 50/50 Raffle, Comedian. \$12 - At St. Innocents Church, 5657 Lindley Ave., Tarzana, California.

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Book & Video Reviews



DANCING BACKWARDS IN HIGH HEELS, How Women Master the Art of Resilience. Author Patricia O'Gorman, Published by Hazelden, in Center City, Minnesota.

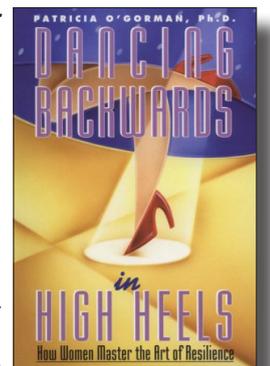
Patricia O'Gorman has been an outstanding influence in the self-help field for many years. Patricia always seems to have something special to offer to every woman who has ever struggled to move forward in her life, her career, and/or in her relationships. In the past she has helped pry open many caged hearts; this book will help many more women free themselves. She offers a positive, practical look at understanding resilience and its role in everyday life. She teaches us how to rely on our resilience so we can gain access, and use our considerable personal power.

This is every woman's guide to growth, understanding, making better choices, and meeting personal goals.

Women of balanced resilience are capable in many areas: their flexibility allows them to enjoy an easy give and take. Women of balanced resilience can use their resilience to become more conscience of their strengths, and to tackle challenges.

You will become a woman of Balanced Resilience. You will learn why it has been so hard to make your own decisions. You will learn how to find your own way; you will learn and understand what YOU need. You will learn how to speak up for yourself and make YOUR concerns known. You will not allow others to overlook you and your needs any longer.

Every woman should read this book, no matter how far you have come, this book will help you identify your own strengths, and forever abandon the trap of feeling and thinking like a victim. You will live the rest of your life in more fulfillment than you ever dreamed possible. Available at Amazon.com



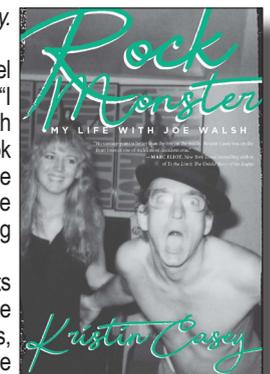
ROCK MONSTER, My Life With Joel Walsh: Written by Kristin Casey. Published by Rare Bird Books.

Kristin starts her book by telling us about the first time she heard Joel Walsh on the radio and her first drink. There is a brilliant line shortly after, "I had two epiphanies: love hurts and alcohol heals". She captured me with that line, I knew exactly how she felt. But as the book jacket claims this book is "Far from bitter or self-pitying, Rock Monster is an honest account of one woman's life-changing experience in a relationship with rock legend Joe Walsh. At once envious, glamorous, debauched and disturbing, it's her long and winding journey from life in the fast lane to sobriety and redemption".

I'm a sucker for a happy ending, at least an ending where someone gets sober. I love that she tells of her shortcomings in relationships long before she met Joe. Kristin goes beyond a retelling of the rock scene in the 80's and 90's, she writes about what happens inside "two addicts in love without a single relationship skill". Kristin's honesty paired with her wit make this a rare read.

She leads the reader into a world unknown but desired by so many, the world of the Rock Star. But once you read this perhaps you won't be so ready to run backstage. The photos that start each new chapter show you just how much this life was changing her, and Joe for that matter. Amy Dresner's review sums it all up; "Her writing is so intimate and revealing that you almost feel guilty as if you're reading somebody's diary". It's hard to put down once you start...so don't.

Available at Amazon.com.



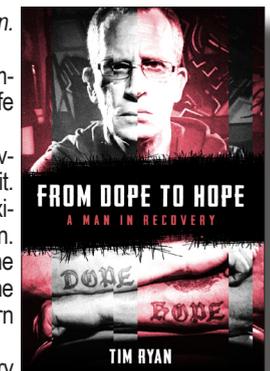
FROM DOPE TO HOPE: A man in recovery. Written by Tim Ryan. Published by Spiritus Communications.

From all of the various forms of hardships that Tim had entangled himself in, one true fact arose, that anything good or bad that happened in his life was primarily caused by his own devices.

From the outside, Tim's life appeared to be the "American Dream" having fame and fortune, a beautiful family and all of the perks that came with it. When the bottom was taken out right from under him when he drove intoxicated causing car accident and injuring four people needing hospitalization. Tim was facing a lengthy amount of prison time, which for the first time he viewed his life from the outside looking in. The set of events from that time forward helped Tim to acquire a mature perspective, which helped him learn how to appreciate all that he was blessed with.

While Tim was establishing a non-profit called "A Man in Recovery Foundation" that helps give those addicted to drugs and alcohol an opportunity to achieve sobriety, he personally experienced a horrific loss. Tim is regularly on national media such, Fox News, The Steve Harvey Show with Dr. Drew, The Chicago Tribune, USA Today, and others about the Opioid epidemic. His vision became more extensive than ever thought, being one who could help the helpless, and to give hope and a future to those that didn't have any hope left! This book is a must-read for us all, it uplifts and truly encourages us to be the best person we can be. Available at Amazon.com.

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



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

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

www.KeysToRecoveryNewspaper.com

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

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

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

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- 12 Step Meeting Halls / Central Offices
- Bail Bonds
- Churches
- Clinical Professionals
- Coffee Shops
- Colleges
- Correctional Facilities
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- Department of Health
- DUI Classes
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and facilities of all types to the
impoverished streets of Skid Row,
we carry the message of Hope &
Recovery to everyone we can. Join us!*

Vital Services Resource Guide

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

RESOURCE GUIDE

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

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

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

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

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

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

A.A. Santa Clarita Central Office: www.aascv.org (661) 250-9922.

Al-Anon Family Groups: www.al-anon.alateen.org (888) 425-2666.

Al-Anon/Alateen: LA County www.alanonla.org (818) 760-7122.

Al-Anon/Alateen Spanish: LA County, (562) 948-2190.

A.C.A. (Adult Children of Alcoholics): World Service Organization: www.adultchildren.org (562) 595-7831.

Adult Children/Codependents: 12 step & recovery based meetings, Every Thurs & Sun 6pm 8742 Mulberry Dr., Sunland, CA. Lisa Moss (818) 293-2222.

Addicts for Christ: Los Angeles www.addictsforchrist.org (310) 452-4328.

Anaheim Alano Club: 202 W. Broadway, Anaheim, CA 92805. Meetings 7-days a week (714) 535-0900.

Breathwork Support Group: Weekly. The Recovery Circle www.breathworkforrecovery.com for times & locations. \$5 donation, no one turned away due to lack of funds. (888) 690-BREATH (2732) Call or text.

California Depart. of Health Care Services: www.dhcs.ca.gov (800) 735-2922.

California Hispanic Commission on Alcohol & Drug Abuse: www.chcada.org (916) 443-5473.

CEA-HOW: Compulsive Eaters Anonymous – HOW www.ceahow.org. World Service Office (323) 660-4333.

CEA-HOW: Compulsive Eaters Anonymous: www.valleyhow.org (818) 503-7484.

CEA-HOW: Compulsive Eaters Anonymous; HOW: San Fernando Valley Intergroup, (818) 667-6722 or e-mail: sfvalleyhow@aol.com or Bryce at (818) 621-2130.

CEA-HOW: NEVEDA Compulsive Eaters Anonymous: 12-Step Recover. Las Vegas www.ceahow.org (702) 393-6570.

Cocaine Anonymous: of the SFV (818) 760-8402.

Cocaine Anonymous: World Service Office www.ca.org. (800) 347-8998 or (310) 559-5833.

Clutterers Anonymous: (866) 402-6685.

Co-Dependents Anonymous: (CoDA) Los Angeles (323) 969-4995.

Co-Dependents Anonymous: (CoDA) San Fernando Valley (818) 379-3300.

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

COSA for friends & family of Sex Addicts: www.cosa-recovery.org (866) 899-2672.

Crystal Meth-Anonymous: (CMA) (855) 638-4373

Debtors Anonymous: www.SoCalDA.org (310) 822-7250.

Eating Disorder Support Recovery Groups are free & open to the public. Thurs. at 7 pm. Center for Discovery, 21650 Oxnard St. # 2375 Woodland Hills; 8484 Wilshire Blvd., #510, Beverly Hills; 4281 Katella Ave #131, Los Alamitos; 1000 Quail St., #290, Newport Beach; 11455 El Camino Real, Suite 360, Del Mar. for info. visit www.centerfordiscovery.com

Greysheet Anonymous: Recovery 12th Step for all eating disorders. Greysheet.org, (310) 245-6441, cell (310) 445-7709, Linda L. Meeting Saturday, 8:45-10am. Farmer's Market Community Room.

Eating Recovery Center: (877) 957-6575, www.EatingRecovery.com/Jenni.

ERC Insight: (Mood, Anxiety, Trauma) (877) 737-7391, www.jennischaefer.com/seek-help.

Emotional Anonymous: www.emotionsanonymous.org World Services (651) 647-9712.

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

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

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

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

Gamblers Anonymous: (GA) www.gamblersanonymous.org (626) 960-3500.

Problem Gambling: 24-Hour Help Line (Calif.) (800) 522-4700.

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

Love Addicts Anonymous: (LAA) www.Loveaddicts.org

MADD Mother Against Drunk Drivers: www.madd.org (877) MADD-HELP

Marijuana Anonymous: www.marijuana-anonymous.org World Services (800) 766-6779.

Marijuana Anonymous: www.marijuana-anonymous.org Los Angeles (310) 494-0189.

Marijuana Anonymous: www.marijuana-anonymous.org Van Nuys (818) 759-9194.

Narcotics Anonymous (NA): www.todayna.org Regional Office (800) 863-2962.

Narcotics Anonymous: www.nasfv.com (818) 997-3822.

Nicotine Anonymous National & World Services: www.nicotine-anonymous.org (877) 879-6422.

Nicotine Anonymous So. California Intergroup: www.scina.org (800) 642-0666

Nar-Anon Family Groups: www.nar-anon.org/naranon (800) 477-6291 or (310) 534-8188.

National Council on Alcoholism and Drug Dependence Headquarters: (All NCADDs provide help & info and other alcohol/drug related services). www.ncadd.org (800) 622-2255.

National Council on Alcoholism and Drug Dependence: SFV www.ncadd-sfv.org (818) 997-0414.

International Obsessive Compulsive Disorder Foundation: (OCD) www.ocfoundation.org (617) 973-5801.

Our House Grief Support Center: WLA & Woodland Hills, CA (888) 417-1444 www.ourhouse-grief.org.

Overeaters Anonymous: www.oa.org World Services (505) 891-2664.

Overeaters Anonymous: Meeting Hotline 24 Hour (323) 653-7499.

Overeaters Anonymous LA Intergroup: www.oalaig.org (323) 653-7652.

Pills Anonymous: (PA) www.pillsanonymous.com

Rageaholics Anonymous: www.rageaholicsanonymous.org

Recovering Couples Anon: www.Recovering-Couples.org (781) 794-1456.

RumRadio.org: comprehensive 12 Step sponsorship informational resource website (512) 267-4707.

Secular Organization For Sobriety: (323) 666-4295.

Sex Addicts Anonymous: (SAA) www.saa-recovery.org (800) 477-8191.

Sex & Love Addicts Anonymous (SLAA): www.slaalosangeles.org (323) 957-4881.

Sexaholics Anonymous (SA): www.sa.org (866) 424-8777.

Sexaholics Anonymous (SA): www.sasocal.org (310) 491-8845.

Sexual Compulsive Anonymous: www.sca-recovery.org 1 (800) 977-HEAL.

Sexual Recovery Anonymous (SRA): www.sexualrecovery.org (323) 850-8565.

S-Anon: (Friends and Families of Sex Addicts) www.sanon.org (800) 210-814.

SHARE: www.shareselfhelp.org (310) 846-5270.

Survivors of Incest Anonymous: (410) 893-3322. www.siaawso.org

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

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

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

EMERGENCY HEALTH & MENTAL SERVICES

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

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

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

County of LA Depart. of Mental Health for listing of 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

CBBCDC: 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.calprob-lemgambling.org (800) 522-4700.

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

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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
Dimondale Adolescent (310) 791-3064.
East San Gabriel Valley Coalition For The Homeless (626) 333-7204.
Ella's Foundation Homeless Services (323) 761-6415.
Fervent Heart LLC (626) 319-7479.
Family Promise of Santa Clarita Valley (661) 251-2867.
Family Rescue Center (818) 884-7587.
Friends helping Friends Inc: Homeless, No Money, We can help - Sober Living. (323) 293-9778.
Family Promise (818) 847-1547.
First Step Transitional Living Foundation (323) 830- 6517.
Global Childrens Organization (310) 581-2234.
GRCN Connecting Communities (562) 293-7595.
Glendale YWCA Domestic Violence Project (818) 242-4155.
Global Human Service Inc (818) 507-6026.
HPRP Los Angeles Homeless Assistance (213) 683-3333.
HPRP Pasadena Homeless Services (626) 797-2402.
HPRP Huntington Park - Homeless Services (323) 388-7324.
HPRP Lynwood - Homeless Assistance (310) 603-0220.
HPRP Compton - Homeless Assistance (310) 605-5527.
Habitat For Humanity (818) 899-6180.
Harbor Rose Lodge (310) 547-3372.
Hazel Transitional Housing (213) 327-7986.
Higher Goals Inc. (323) 755-9702.
Homeless Health Care Los Angeles www.hhcla.org, (213) 381-0515.
Homeless Adult Center (626) 403-4888.
Hope for Homeless Youth (213) 353-0775.
House of Hope (323) 663-1215.
Hope of The Valley: (818) 392-0020, www.hopeofthevalley.org
December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776.
Jenesse Center (323) 299-9496.
Joshua House For The Homeless (323) 759-1625.
Jordan's Transitional Shelter (323) 577-5941 or (424) 785-7781.
Lillie of the Valley Shelter (323) 971-4432.
Lamp Community Homeless Drop In Center (213) 488-0031.
Los Angeles Mission (213) 629-1227 x305.
Long Beach Family Shelter (562) 733-1147.
Long Beach Rescue Mission (562) 591-1292.
Los Angeles Youth Network (323) 957-736.
Los Angeles Family Housing (818) 982-3895.
Mitchell House Substance Abuse Treatment Veterans (310) 398-0191.
Nancy Painter Home Transitional Housing For Women (818) 246-5586.
New Image Emergency Shelter (323) 231-1711.
New Directions (Veterans) Res. Drug Treatment (310) 268-3465.
NCH National Coalition for the Homeless (202) 462-4822, www.nationalhomeless.org
OPCC Safe Haven (310) 883-1222.
Passageways Homeless Intake Center (626) 403-4888.
Pentecostal Outreach (562) 313-1257.
PATH: People Assisting The Homeless (323) 644-2200.
Rochester House Transitional Living (213) 986-5599.
Runaway Homeless Youth Shelter (310) 379-3620.
Rainy Day Emergency Shelter (562) 733-1147.

HOMELESS SHELTERS & RELATED

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

DOMESTIC VIOLENCE

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

DOMESTIC VIOLENCE

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

RAPE HOTLINES

RAINN Hotline (victims of sexual assault) (800) 656-HOPE.
Rape Hotline (24 Hours) (800) 585-6231. www.elawe.org
Rape Hotline (800) 978-3600 (So. California): 24 hours a day, seven days a week. Callers can get help in eleven languages (English, Spanish, Korean, Vietnamese, Mandarin, Cantonese, Tagalog, Khmer, Japanese, Thai and Armenian).
Rape Hotline (213) 626-3393 (Central Los Angeles)
Rape Hotline (310) 392-8381 (South Los Angeles)
Rape Hotline (626) 793-3385 (West San Gabriel Valley)
S.A.F.E LA www.safela.org/rape-and-sexual-assault
Stalking Hotline (877) 633-0044 (Stalking Hotline)

SUICIDE PREVENTION

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

HEP C / HIV / AIDS INFORMATION

AIDS Project Los Angeles - APLA, Los Angeles - **HEP C - APLA**, www.apla.org, The David Geffen Center, 611 S. Kingsley Dr., Los Angeles, CA 90005, (213) 201-1600 Main line, (213) 201-1500 Client line
Asian Pacific AIDS Intervention Team: (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen, 1730 W Olympic Blvd., #300, Los Angeles, California
Clean Needles/Harm Reduction LA (323) 857-5366.
Friends of Aids Foundation (310) 401-4755. Referrals to **HIV/AIDS Hotline** (800) 367-2437. Spanish (800) 400-7432.
HepCHope: www.hepchope.com Hotline (844) 443-7246.
National AIDS Hotline, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)
REACH (risk reduction education and community health) FREE testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse-etc., HIV+ or HIV- people in need. (866) 33-REACH.
On-Line Resources for Hep C: www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

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 or call us at (818) 386-8400
Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa, CA 91406



24. Longtime "gold standard" evidence-based treatments for adults with PTSD include Eye Movement Desensitization and Reprocessing (EMDR), Prolonged Exposure, and Cognitive Processing Therapy, all of which involve exposure to the trauma memory.

25. Avoiding trauma-related thoughts, feelings, situations, and things can be a central maintaining factor of PTSD. (e.g., If someone avoids driving after a car accident, the likelihood of developing PTSD increases.)

26. To heal, living an exposure-based life can be key. We need to approach thoughts, feelings, situations, and things that scare us. (e.g., In the previous example, with support, get out on the highway and drive.)

27. A newer, promising exposure-based treatment called Writing Exposure Therapy can be completed in as little as five sessions.

28. Somatic Experiencing® (SE), a body-oriented trauma treatment with a growing body of evidence, does not require a person to directly revisit trauma memories.

29. PTSD is not a life sentence. While the trauma can't go away (it's history), with treatment, PTSD symptoms can and do.

30. Posttraumatic growth describes the positive transformation that can grow out of adversity, out of trauma and PTSD.

I stopped seeing the therapist who encouraged me to drink wine for breakfast. Ultimately, I connected with excellent treatment providers, and I recovered from PTSD, albeit slowly. With help, research shows, and personal experience proves, we can take our lives back from this treacherous illness. No one chooses to have PTSD, but people can and do choose to get better.

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.



Spouses of gamblers have been known to work every trick in the book, everything from hiding the car keys, to filling up the calendar with social obligations, to withholding sex.

There's only one thing to say about such schemes and ploys: they don't work. They may even provide the addict with an opportunity to blame you for their behavior or to become angry for meddling, in which case that is another excuse for them to go off and medicate their pain with a fresh round of gambling. Even the threat to leave, though is usually employed as a last resort and is likely to have the same effect. A gambler in the throes of gambling addiction would probably be relieved to see the spouse walk out the door.

THREE: Cooperating with the gambler.

The last way a spouse can enable gambling is by becoming a direct, or indirect participant in the problem. It's not uncommon for the spouse of a gambler to develop a taste for gambling themselves. When this happens, the spouse is usually quick to play into this enthusiasm and use it in ways that compromise the spouse, and justify the gamblers own behavior. After all, if the spouse is willing to join them at the casino, how can the spouse blame the addict for working the slot machines or playing a little blackjack? On the secondary side, it's also possible to enable your partners' addiction by merely taking gambling-related phone messages, or otherwise facilitating their gaming activities. Spouses also have no control over the addicts gambling and most times it ends in an argument or worse.

So it seems my husband was an enabler as I had turned my husband into a willing participant, so again, he worked with a counselor after I came out of treatment. We had sessions together and apart. And after reading the above, we both had the experiences of "what not to do" when your spouse (me) is addicted to gambling. Lastly, if you know that your spouse has a serious problem with gambling, as my husband did, the spouse needs to confront the issue head-on. Those of you who are with a spouse, with a severe gambling addiction, and they are unwilling to listen, you can enlist the help of an objective third party such as, a pastor, a relative, or a close friend who agrees with your assessment of your situation, and who would be willing to come alongside you in order to strengthen your case when you approach the topic with your spouse.

If all else fails, try to pull together a group of friends and supporters who can help you stage a formal intervention. You may want to include a licensed counselor or therapist who specializes in this kind of activity. It will give the addict the best way to begin recovery and "Quit To WIN!"

Catherine Townsend-Lyon is the best selling author of her book "Addicted To Dimes" and New, "Ten The Hard Way." She is a former columnist for InRecovery Magazine, freelance writer, recovery blogger, and author literary consultant. She is currently co-writing a Memoir with former NFL Pro and Olympian, Vance Johnson due to release mid-2018, and soon former NFL Pro, Randy Grimes. She resides in Phoenix, AZ. You can contact her at LyonMedia@aol.com

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