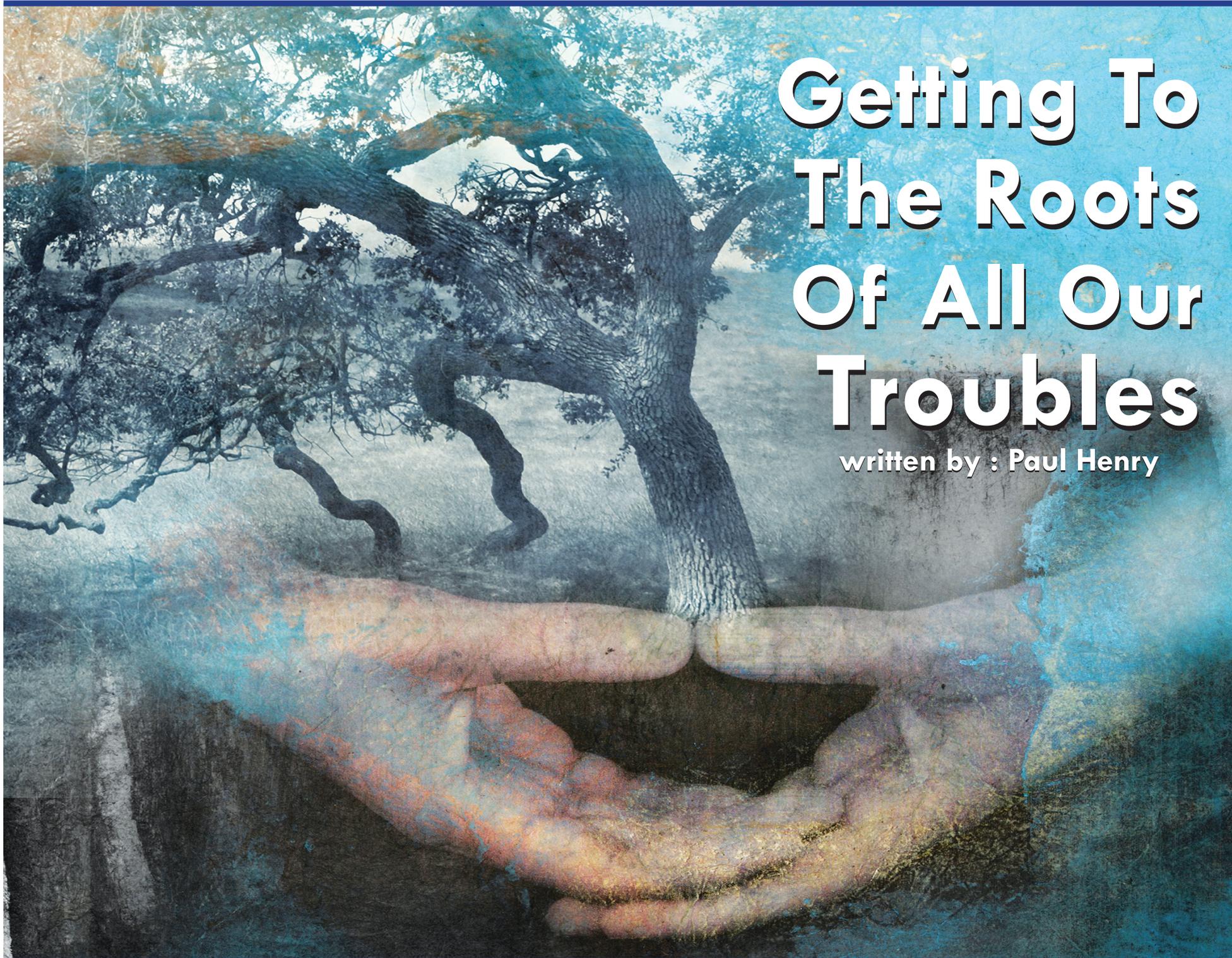


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Getting To The Roots Of All Our Troubles

written by : Paul Henry

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Sunbathing**

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Contributors

Jeannie Rabb-Marshall: President, Cofounder, Publisher & Editor
 Marcus Marshall: Vice President & Cofounder, Publisher & Editor
 Staff Photographer: Shalimar Cambria
 Graphic Designer: J Marshall
 Outreach Director: Peggy Salazar
 Social Media: Dominique LaFargue
 Cover Photo Design: Elena Ray | Dreamstime.com
 Beth Dewey-Stern: Cofounder
Editorial Contributors: Marcus Marshall • Jeannie Marshall • Mary Cook, M.A., C.A.T.C. • Darrell Fusaro • Dr. Clinton Weyand • Jenni Schaefer • Doug Bopst • Steve Jones • Randy Boyd • Rudy & Kelly Castro • Paul Henry • Mary Crocker Cook, LMFT, LAADC, CADCI • Catherine Townsend-Lyon • Peggy Salazar

About Us

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Each month that we **get** to publish another issue of Keys to Recovery, we realize how blessed we truly are. We are humbled by the positive feedback we get each day. It reminds us why we do this; to carry the message of hope for recovery to as many people as possible.

I believe in the power of words, both printed and spoken. We make an effort to print words of hope each month along with stories, people's personal experience, facts, opinions and information, on all types of addictions and disorders. We ask all of our writers to end each article with a message of hope. We want to uplift and encourage our readers. We hope that Keys to Recovery Newspaper helps to bring a little light into some very dark places.

I learned in my early recovery that "working with others" would be a cornerstone to my continued sobriety. Carrying the message of recovery gave me purpose. It made me feel completely alive and present for the first time in my life. A purpose driven life although fulfilling requires a lot of...well a lot of everything.

In order to carry the message, I have to make sure the message is worth carrying. In the rooms, we have a saying "make sure your own house is in order". To me, that means continuing to work on myself. I have found that the longer I stay sober the more I need to "unlearn". That may sound confusing, but it's true. Many of the behaviors I learned while drinking and using, that helped me to survive that life, no longer work in my new life. The biggest change I have made is the way I speak to myself and others...the way I use my words. I use words to build people up. I use words to express my gratitude. I use words to change my thoughts, my actions and ultimately my life.

Our Bishop (Stephen Hamilton of Spirit & Life Ministries) says that God designed us to adjust and adapt, to thrive in all seasons. How we weather the rough times, is as important as how we handle the good. We can't wait around for things to get better before we feel better. We need to find happiness right where we are. I learned to be happy and appreciate the little things that happen every day.

I know that God wants me to be happy, joyous and free. It is my job to navigate life's obstacles with grace, dignity and a heart for learning from each situation. I may stumble or fall flat on my face – and I have fallen quite a few times - all that is required of me is to get up and keep on walking in faith. My faith affects my thoughts, my thoughts affect my words and my words affect my journey.

Words are power, use them wisely. God bless you until next month! - **Jeannie Marshall, President & Cofounder**

Hello to all, and thank you for taking the time out of your schedules to read our editor's column. It's individuals such as yourself that help to inspire my wife and me, to continue to carry the message of hope and recovery monthly, to as many people as possible. The month of August has been bittersweet in several ways, my wife and I were able to view our granddaughter smile and suck her thumb while still in our daughter's womb. The advancements in technology are truly magical, it was an incredibly wonderful experience.

Unfortunately, at the other end of the spectrum, one of our friends tragically lost his second and last son. To lose a son is devastating, and to lose both sons must be unbearably heartbreaking. I can't even begin to imagine how painful that must be, our love and support goes out to him and his family during this time of great sorrow. Sometimes we look at life with a grateful heart, and we still may not appreciate everything with the right perspective. Our lives here could be brief, or they could be long-lasting, only God knows.

Having an option every day to do our very best, is an opportunity to grow into maturity. When we were children our choices prepared us for the road ahead, if they were self-serving and selfish our foundation then was built on unstable ground. We can start anew every morning with gratitude and appreciation, which can help guide our daily perspectives to become aligned with our Higher Powers. We all possess the inner strength to tap into our reserve, it's that remarkable resilience that we used when we needed it most to get out of tight jams.

When we couple our unique God-given attributes, along with our Higher powers strength and loving guidance, nothing is impossible to achieve. We are more equipped than we perceive ourselves to be, recognition of who we are is the key! When I was in my addiction I became very imaginative in order to get what I wanted and craved at that time, by administering the same determination toward my goal of embracing and maintaining my sobriety, allows me to succeed.

Until we come together for reasoning again, may God strengthen and guide your steps towards success. - **Marcus Marshall, Vice President & Cofounder**



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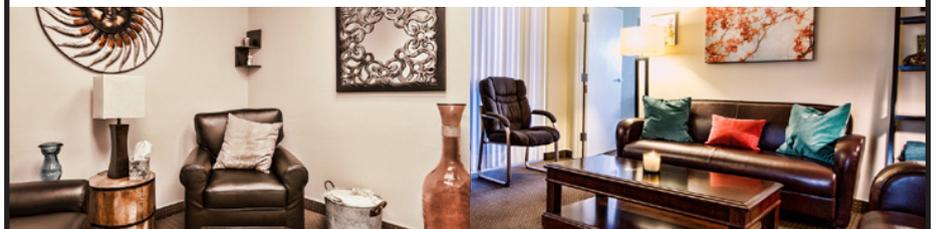
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Sunlight of the Spirit

by: Darrell Fusaro

HAVE YOU EVER TRIED SPIRITUAL SUNBATHING?

"Prayer is not overcoming God's reluctance, it's laying hold of His highest willingness."

— Martin Luther

Wouldn't it be wonderful to know that the Universe is conspiring on your behalf? Imagine having the confidence that all things at all times are being constantly arranged for your highest good. The truth is they are. You do not need to coerce anyone, including God, to ensure that circumstances will work out for the best.

I enjoy how prayer is defined in *The Varieties of Religious Experience* by William James, "Prayer is the general name for that attitude of open and earnest expectancy." That's faith in a nutshell: the enthusiasm felt when we're convinced something good is about to happen.

Choosing to believe that the Universe is conspiring on my behalf stirs up my enthusiasm. When I'm happy and expectant of good things on the inside, I begin seeing evidence of this attitude being reflected back to me in my circumstances. However, steering my will away from pushing and shoving to achieve what I believe will make me happy, and toward trusting that God's got my back isn't something I've only had to do once, and it's done forever. I need to be willing to take the time to enjoy a little daily spiritual sunbathing.

Spiritual sunbathing is taking a break from finding fault. It is a mini mental vacation from my concerns. During this time I choose to believe in positive outcomes. Instead of worrying about what I don't want to happen, I decided to imagine what I would love to happen.

I've found that visualizing in this way, rather than imagining the worst and my struggling to overcome situations, to be much more productive because it elevates my consciousness. My intuition, that connection to Divine guidance, is strengthened and I'm open to receiving hunches.

Not long ago I took a trip to New York City. An old friend from Los Angeles had moved there a year earlier. We thought it'd be great to see one another while I was in town. She was an event planner and her days had her busy bouncing all over the city. It became clear that trying to arrange a set time and place to meet would be impossible. So we both cast the burden and were grateful to have reconnected, even if just by phone.

The next day after enjoying a little spiritual sunbathing in my hotel room at Gramercy Park, I had the inspiration to go for a walk in the city, to roam free without any preconceived destination. When I stepped out of the lobby and on to the street I thought I'd head toward Union Square. It made perfect sense since my old art studio was located there, and I thought it'd be nice to reminisce. But I got a hunch to go in the opposite direction and walk north on Irving Place. Since I learned to never argue with a hunch, I did an about-face, waited for the light and when it turned green I crossed.

Just as I stepped up onto the sidewalk on the other side of the street, I heard the beeping of a motorcycle horn. Waiting at the light was a blonde in a helmet on a scooter. She was waving in my direction. I was convinced this was for the young good-looking guys seated there at the outdoor café. Before I had a chance to move on, the light changed, she drove over, stopped at the curb and took off her helmet, I nearly collapsed. It was my friend. We were both blown away by the coincidence and enjoyed how Divine timing scheduled our meeting.

Hunches are angels saying, "Just do it!" And spiritual sunbathing keeps me receptive to them. The following is an affirmative prayer to ignite your intuition from Unity's Daily Word Magazine.

"Whether I'm consciously aware of it or not, my life is continually guided step-by-step toward my best and highest good. I begin by stilling my mind then trusting in divine wisdom to see me through any seeming obstacle. Resting in a comfortable position, I close my eyes. With deliberation, I shut out the outside world. Like a fog lifting, my mind clears, and I tune in to God's message for me. I remain open to divine direction.

With a willingness to listen, I now hear the still, small voice within. This divine whisper of encouragement guides me on my spiritual journey. Through sacred listening, I gain clarity to take inspired action. I am blessed." —Guidance, Daily Word Magazine, www.dailyword.com March 17, 2016.

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



Meditation is spiritual sunbathing.

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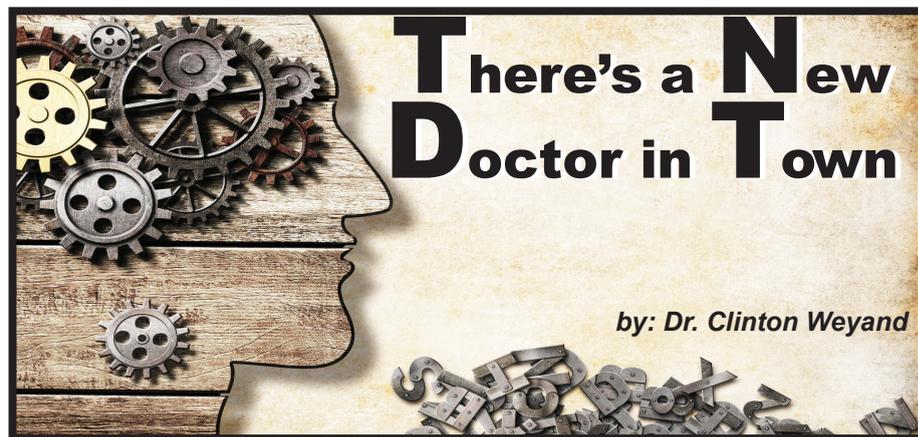
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There's a New Doctor in Town

by: Dr. Clinton Weyand

Dear Dr. Clint,

What is the role of authenticity in recovery? How important is it to be real when working your program? - Slightly Confused, Barbara M.

Authenticity allows us to be the free spirit, a concerned human being who is not phony, not playing a social role or game, and emotionally responding in a non-defensive manner.

We must have a sponsor who takes the risk of living real and vulnerable with us. If our sponsor is wearing any kind of professional mask, we will not get the nurturing help that we need. Also, if energy is being used in a false or illusory way, we will be unable to define our real problems; we might get stuck on the wrong issues.

People from addictive homes are very sensitive to dishonesty, phoniness, and manipulation. Also, if we become total people pleasers, we are not giving ourselves the chance to be more connected, and more involved with the other person.

There are moments in life which demand our Best Self, Higher Self, or Total Self. We must be willing to express all our thoughts and feelings (but not in a "dumping" way) to move through the crisis situation. We must be "In the Now", and present to ourselves and others. Genuine contact with another individual is a very impactful and profound gift.

Authenticity brings clarity of thought. When we connect with our Real Self, authenticity helps us define if we are just making excuses, or having a genuine insight and breakthrough in our lives. Being real helps us see through the various roles we play, to experience the rock-bottom truth which allows us to stay grounded, and to speak with conviction.

Authenticity challenges us to affirm and validate the ground we are standing on. Even when the ground is uneven, we can start taking our first steps.

The Search for Authenticity sometimes reminds us that we have sold our soul to the devil of addiction.

Sometimes authenticity tells us that therapy means change, not adjustment. We have adjusted ourselves out of existence, we have been compliant with the wrong persons for the wrong reasons.

On a more subtle level, the seductions of conformity, conventionality, and social stereotypes keep us addicted to false ego definitions, which keep us unenlightened and depressed. We become "Normal Neurotics".

When we continue development in our Recovery and our spiritual growth, we get to a space and place where only love is real. We realize that so many of our fears and worries never happened.

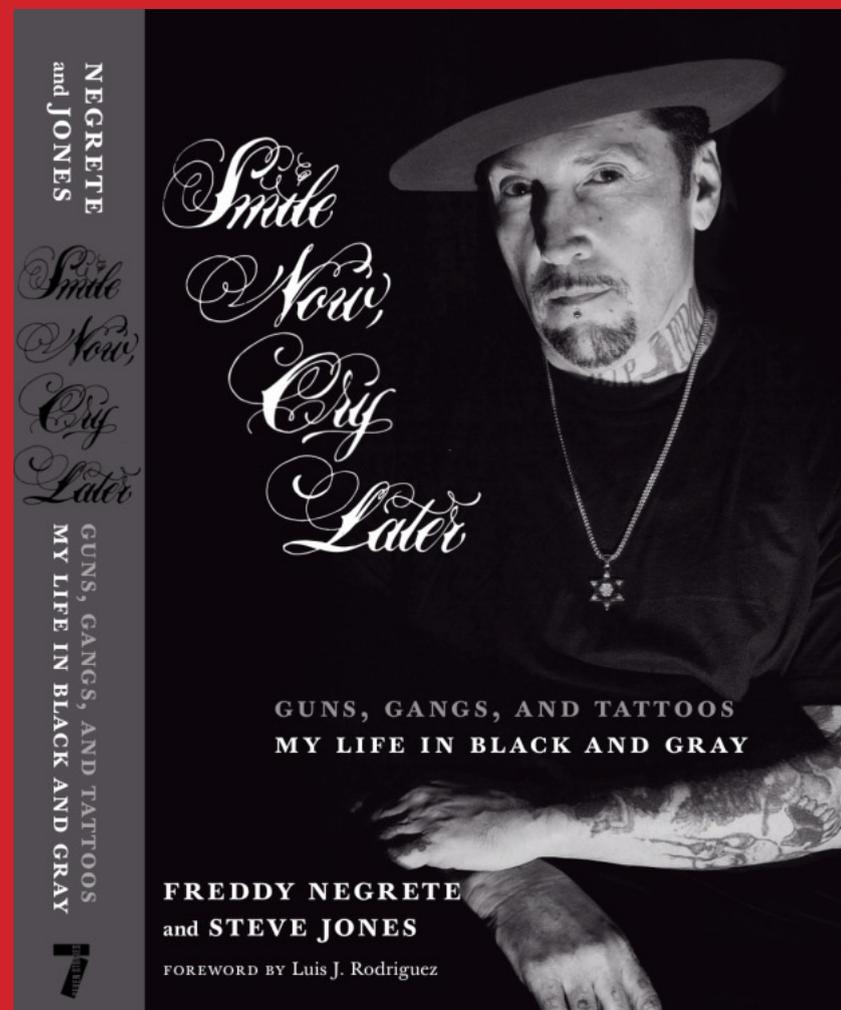
We were protecting ourselves at the price of our potential. We settled for feeling "good enough" when we could have experienced liberating bliss.

Marianne Williamson said it best in her book *A Year of Miracles: Daily Devotions and Reflections*, Marianne Williamson.

On *Affirming That Only Love is Real*: In any situation where love does not rule, affirm that only love is real. Say it, repeat it, chant it like a mantra. Allow it to cast out all thoughts of blame, and judgment and fear. Think of the mean-spiritedness of someone, then affirm that only love is real. Feel your own fears about this or that, then affirm that only love is real. This does not put you in a state of denial, but rather in a state of transcendence. You are not pretending that something is not really happening, but only that it is not really happening. And, just as the Wicked Witch of the West disappeared when Dorothy threw water on her, no manifestation of fear will long remain once humanity has risen to the understanding that only love is real.

Dr. Weyand studied Community Clinical Psychology at the baccalaureate, and graduate level at CSUN where he graduated Magna Cum Laude. He then studied Counseling Psychology at the Doctorate level at USC. He is also a graduate of the Addiction Studies program at Pierce College. Dr. Weyand has 30+ years of experience working in recovery and behavioral healthcare. He began his career at Woodview Calabasas Psychiatric Hospital as the Asst. Administrator, and Director of Community Services. He was Director of the Adult Unit at Van Nuys Psychiatric Hospital for over 10 years, where he worked with troubled adolescents and adults. For Appt. or Consultations, call him at (818) 341-0283 or (818) 800-4814. Website: doctorclint.net

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by: Jenni Schaefer

WHAT MY EATING DISORDER WON'T LET ME SAY

Letter from my Teenage Self

Dear family, friends, healthcare professionals, teachers, and coaches, Please be my hope holder. I have eaten food out of trashcans. I have stolen food. I feel horrible, disgusting, and oh so ashamed. I desperately need you to believe in me, because, honestly, sometimes I think that I'm going crazy. My world is spinning out of control, yet, amidst this inner turmoil, I somehow look okay.

You can't tell how I'm doing by looking. Sure, I wear a smile, and, my resume seems to indicate that I have a bright future ahead. Physically, I even "look normal," friends say. I might not appear sick or malnourished, but I am. A body size isn't an accurate barometer for pain and suffering. Neither is an official eating disorder diagnosis or lack thereof.

I'm more than a diagnostic label. While 1 in 200 adults in the United States has experienced full-blown anorexia nervosa, bulimia nervosa, or binge eating disorder, at least 1 in 20 (1 in 10 teen girls) have suffered from key symptoms—and need help. Not every eating disorder fits neatly into a little diagnostic package. Lesser-known eating disorders are not less than. In fact, Other Specified Feeding or Eating Disorder, OSFED, can be just as serious, or more so, than other eating disorders. No matter what diagnostic code my insurance company denotes by my name, I deserve recovery. (Sometimes, I need you to remind me of this.)

Recovery feels backward. Imagine trying to do everything with your non-dominant hand. If you are right-handed, write with your left hand. This is how uncomfortable, how unnatural, recovery feels. As strange as it may sound, bingeing, purging, and restricting have helped me to navigate life. Eating disorders serve all kinds of purposes, including coping with anxiety, avoiding underlying depression, and pushing down past traumas. In this way, an eating disorder isn't about food at all. Paradoxically, to heal, food is the best medicine.

I can't "just eat." This is why I need help from experts. Something as seemingly simple and biologically driven as fueling my body (babies do it) feels impossible. I can't just eat any more than a cancer patient can magically make dangerous cells just disappear. An eating disorder, like cancer, is a life-threatening illness that requires immediate attention.

I might refuse help. I don't want to be a burden. I feel guilty for spending money on treatment. Not to mention, I don't believe that I am sick enough to deserve help. (Remember how I said that I'd need you to remind me that I am indeed deserving.) If my eating disorder were just a phase that I could stop, I would have by now. I don't like to admit it, but I am still just a kid. I am a kid with a starving brain, one that can easily lose sight of this whole recovery thing.

Full recovery is possible. Apparently, I wasn't born with an eating disorder but rather traits that made me vulnerable. I am learning that these traits, like perfectionism and persistence, aren't inherently bad, but that I can use them for good. Being perfectionistic means that I am motivated and driven. What if I could use these beautiful traits in the service of recovery—and life—rather than my eating disorder?

Recovery can bring us closer together. We hear a lot about how eating disorders tear relationships apart, but we don't hear enough about how recovery can bring people together. You didn't cause my eating disorder, but you can do a lot to help me get better.

It's not your fault. Nothing you did—or didn't do—caused my eating disorder. Fifty to eighty percent of eating disorder risk is genetic and heritable. Add this stat to a culture that celebrates eating disordered behaviors (think dieting and over-exercising), and it's no wonder I developed the illness—and that it hid for so long, from all of us. I've actually received compliments for having the psychiatric illness with the highest mortality rate, praise for killing myself. It's all very confusing.

Con't Page 22

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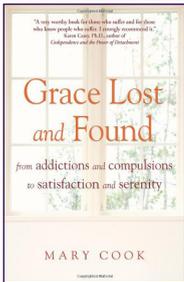


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by: Doug Bopst

TALK THE TALK, BUT MORE IMPORTANTLY WALK YOUR WALK

I see this a lot. In recovery, jobs, relationships...everywhere! We focus on what others are doing instead of what WE are wired to do. I promise if you take half of the energy you use worrying about what others are doing and invest it in what YOU are doing, you will absolutely live a more prosperous and purposeful life.

I think a lot of times we focus on what others are doing, whether it be our co-workers, our family, our friends; and we forget that our biggest competition is the person who we were yesterday.

Each day you should be focusing on learning things throughout the day, to get better every single day. So the only person you should really focus on is you and becoming your absolute best version of yourself. That each day you're doing what you need to do to be a better person.

I think each day we get caught up focusing on what everyone is doing, and what everyone else is wondering and complaining about, what we don't have and what we can't do. And at the end of the day, we just have to remember, it's very important to always remember, how far you've come and not how far you have to go. Each day focus on being a better person than you were yesterday. That's the only competition we should be focusing on.

We live in a world where we are scared to take chances. We are scared to be ourselves. We are scared to be BOLD.

I strongly think that individuality and genuineness are slowly dying. With social media, television, and apps growing at an exponential rate, we are constantly comparing ourselves to everyone else.

Why do we do that? Because it's the easy thing to do. It's easy to be "normal." It's easy to not take chances. It's easy not to be faithful. We have turned into quite the lazy society. Afraid to fight for what is right. We are scared to fight for ourselves. We are unable to live our true purpose. I am confused as to why it takes some sincere boldness to be YOU.

It's because it takes work and some serious "guts." You have to be able to stand up for yourself, say no to the folks who don't believe in you and let go of your PAST. It's done. Believe me...

Stop worrying about what others think and worry about what YOU think. If you want to buy a house, then buy a house. If you want to speak out about your faith, then speak out about your faith. If you want to move to Montana, then move to Montana! Not because of what they say, but because of what YOU say.

What do YOU stand for? What are YOUR values? Who are YOUR friends?

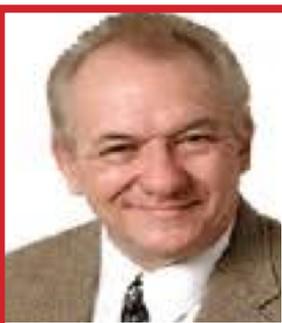
One of the best pieces of advice that I ever received was to be sure that your video matches your audio. Let that one sink in. Make sure you are doing everything you can to close that gap between what you "say you want," and "what you do" and I guarantee you will live a healthier, happier and a humbler life.

Here are a few things you can do to help hold yourself more accountable when it comes to "walking the walk:"

1. *Set goals: Goal setting is SO important. Remember, if it isn't written down, it's not true. Make sure they are specific, maintainable, assignable, relevant and timely.*
2. *Have an accountability partner (or two): We are designed to thrive in communities and feed off each other's energy. Make sure you surround yourself with someone that is walking the same walk as you and hold each other accountable. It will go a long way.*
3. *The only competition you should have is the person you were yesterday: when chasing a dream, goal or passion, lose the temptation to compare yourself to others. It will stunt your personal growth in more ways than one. It's okay to see what others are doing, but always remember to run your own race.*

Give one of these a try and let me know what you think!

Doug Bopst is an award-winning personal trainer, author, and 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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by: Steve Jones

IT CAN HAPPEN TO ANYBODY

You were pursuing a successful career as an anesthesiologist; you had no history of substance abuse; you hardly ever drank, and yet, in 2007, all this changed. Could you talk about the incident that triggered your opioid addiction?

I was holding a joint birthday party for my kids. I was walking to my car to pick up the goody bags and I slipped, fell and broke my wrist. I had two surgeries and was prescribed narcotics. All of us in the medical community were told that if you are prescribing these pills for surgical pain there was a minimal chance of addiction. We also had a push from the hospitals to make sure that patients' pain was well treated, down to a level of zero to one, because they really wanted patient satisfaction. I took the pain pills as prescribed but then—if I had a really bad day—I would think, *If I take one of these pills it will smooth things out.* I think that's where the addiction took root. I started using the medication, not as prescribed, but as a way to numb myself.

Could you talk about your progression: from pain management to opioid abuse?

I was at the end of a shift and I started having the beginnings of a migraine, a really bad one, and I thought, *I am going to end up in the ER.* Whatever leftover narcotics we had from the shift we would waste them. I went to the bathroom, looked at the meds and thought, *This is exactly the same medication they are going to give me in ER!* I injected myself and the pain went away very quickly. I felt this horrible guilt: *I think I just crossed the line.* The next day I had another migraine and I didn't think twice: I injected myself, again. That is when the 'Aha' moment happened. Not only did I take care of the pain, I had this intense euphoria like I'd never experienced before in my life. I was hooked. Over a three month period, I upped my dose almost tenfold. For someone who had no history of this, I showed a rare talent for becoming an addict.

Do you feel that you had a pre-disposition to addiction?

I had a history of depression; I had pain; I had marital problems; and a remote history of PTSD in my past as a child—something that happened to me in Iran—so I think, looking back, the seeds were there, and then: I was prescribed a ton of pain pills. It turned out to be a perfect storm.

Anesthesia comes from the Greek: 'without sensation.' Did you find it ironic that you, as an anesthesiologist, were now pursuing a state of being that was 'without sensation?'

Absolutely. I was practicing anesthesia on myself, all the time. Looking back, through the lens of recovery, I do feel that we have chosen to never feel any kind of pain. I did a lot of obstetrics and you'd be amazed at how many women would tell me, "I don't want to feel a thing" and I would say, "I can help make the pain less, so that it is bearable and you are comfortable, but I can't make you feel nothing." You don't deal with pain by just numbing yourself. The thing that is causing that pain doesn't go away if you don't address it.

Could you talk about the time—after your addiction had progressed—where you really felt that you had 'crossed a line?'

There were multiple points. On one occasion, I had gone out to dinner with my husband—our marriage was slowly unravelling—and we got into a fight. I stormed off and went straight to work in my civilian clothes. I walked into our operating room where the narcotic machine was, put my fingerprint on the ID system, checked out some medications and injected myself. I woke up on the floor of the bathroom—blood on the tiles. I had vomited, I had urinated on myself—the needle was still stuck in my arm.

You obtained opioids by using the names of hospital patients, even the name of a deceased patient but, eventually, you were reported. What did that feel like?

I had finished up a surgery, and someone came up to me and said, "Dr. Jamali, we need you to come with us" and I thought, "Oh, God what is this?" They walked me into this conference room. There were about ten people seated around this large table including the head of the hospital. My heart just sank. They said, "Dr. Jamali, we have been alerted by the pharmacies regarding the drugs that you are checking out. We think you might be diverting them for personal use. We need you to turn in your badge." I couldn't say a word. I was dumbfounded. That night, after putting the kids to bed my husband asked me, "Faye, is there anything you want to tell me?" And I thought, *Okay, here it comes. He's going to divorce me, take the kids, this is as horrible as it gets.* I rolled up my sleeves and showed him. He just picked me up, hugged me and said, "Sweetie, why didn't you tell me? We'll get you help." That was a pivotal moment for me. I finally realized that no matter how bad things are the truth is always the best choice. It's only in truth that you can base your life and base your healing and move on. The next morning I called work, told them the truth, and went into recovery. I never loved my husband more than in that moment.

What was it like being in a profession that is predominantly evidence-based and then finding yourself in a 12-step program that embraces spiritual principles as a pathway to recovery?

The first day at the recovery center I looked round and saw God this, God that, and I'm thinking, *Where am I? What is this?* We had fled Iran. I wanted nothing to do with religion in my life, I just thought, *That ruined my life, I don't believe in God, I am a scientist, just give me the facts,* but then I got an amazing sponsor. She said, "I understand your skepticism, but let me ask you a question: you are a brilliant, ambitious, hardworking, loving mother and wife. That's the 'self' and all these years you have relied on your 'self.' So what are you left with when the self fails you?" That planted a seed and opened me up to the idea of relying on something other, something greater than myself. That's when I started embracing the whole idea of a higher power.

Now that you are in recovery, what drives you, and gives you a sense of purpose, today?

If this can happen to me—the least likely person you can think of—it can happen to anybody. It was a big decision to go public but if it helps just one person, to get the help that they need, just one, it is so worth it. We need a change in consciousness in this country, to not give stigma to this disease, otherwise, we are going to lose a whole generation. Most people don't have the resources to get the help that they need. AA is wonderful and it works well for many people but it's not the only way to treat addiction—it has to be a multi-modal approach. In order to get funding the politicians' constituents need to be raising hell and they won't until we have more public awareness about this disease so that's why I am out there—that drives me. It's my twelfth step. I don't feel the shame of it anymore. I want to tell my story.

Dr. Faye Jamali graduated in Physiology, Medicine and completed her Anesthesiology Residency at USC-San Francisco. She worked at the VA Medical Center—followed by private practice—in San Francisco. She is starting her own Aesthetic Medicine practice, called Belle Marin, in Mill Valley California.

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

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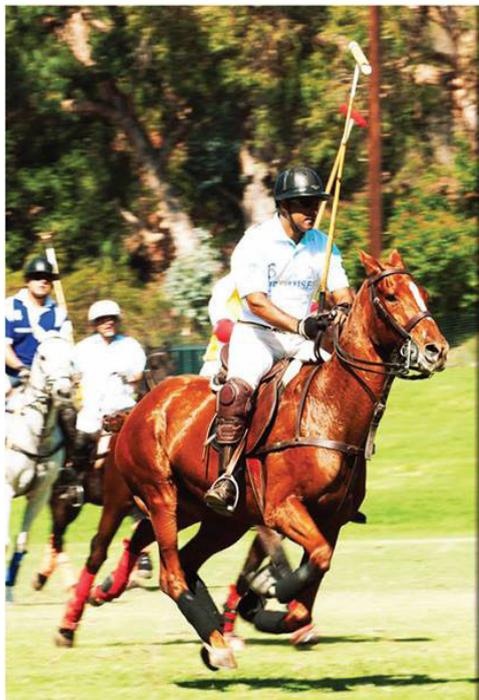
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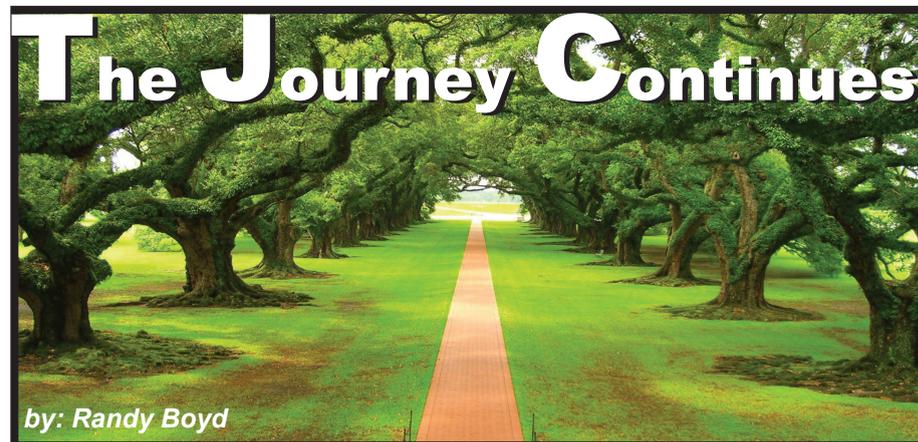
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by: Randy Boyd

REDEFINING FORGIVENESS

I found that I had to redefine forgiveness for myself because the self-righteous fake variety didn't work for me. Neither did the idea that forgiveness was something I had to do to be a good person. It is a universal spiritual principle, and the best of all faiths emphasize it as an act of loving-kindness, compassion, equanimity, and sympathetic joy, welcoming the good fortune of others. Genuine forgiveness incorporates many subtle flavors of a bigger concept. It means wiping the slate clean, canceling the debt, and pardoning abusive behavior. It also implies the cessation of resentment as a result of a real or perceived offense, disagreement, or mistake. It means giving up my right to hurt you for hurting me. Whether you are a Christian, Buddhist, Hindu, or Native American, the principle is the same: in order to be forgiven, you must forgive.

Hopefully, you're thinking, *Okay, Randy, I'm convinced. I'm tired of holding on to all this resentment and allowing my perpetrator to live "rent free" in my head. How do I start this forgiveness process?*

I had to start by forgiving myself. I was told it would be difficult, if not impossible, to forgive others before I forgave myself. Self-forgiveness is often especially difficult for survivors of sexual abuse, who tend to be pretty hard on themselves. I had to realize the inaccuracy of the child-logic that made me believe that if only I were better, bad things wouldn't have happened to me.

I had to take a look at the behaviors that I had not forgiven myself for and see what my responsibility was. I could not inflate or minimize the part I played. I had to look at it objectively and with compassion. Then I had to look deeper and see if I could find what I believed when I did what I did. Given the thoughts I had at the time, was I doing the best I could? While not condoning whatever acts I regretted, I had looked to see what I would have done better if I could have. That was my innocence. I had to forgive myself for not knowing a better way at the time. I was only doing what I had been taught back then. I committed myself to learn better ways in the future so that I didn't repeat the past.

Next, I had to start making living amends. Self-forgiveness is an active daily practice. I had to see if I could find ways to make living amends for the behaviors I was most angry at myself about. We don't tell anyone about our living amends. That is between us and God.

My father, grandmother, and grandfather had all died before I became sober. My father died when I was twelve-years-old and before he died he told my grandmother to tell me to never put anything harmful in my body. Something I did not honor. My grandfather died instantly from a brain aneurysm, and my grandmother slipped into dementia and died within a year. My grandmother was the rock of my life and in that last year of her life, I never once went to see her. She had always been there for me, yet I could not be there for her when she needed me the most. I was overwhelmed with guilt.

When I was two-years sober my sponsor had me write letters to my father, grandmother, and grandfather. Next my wife drove me to their gravesites. Fortunately, they were all buried right next to each other. As I sat at the foot of each one of their graves, I read my amend letters to each one of them. When I was all done I placed a two-year medallion and the letter I had read on their perspective headstones.

Today I am making my living amends to each of them. For my father, I have now been sober for more than ten years. For my grandmother, I have helped countless "adopted" grandmas in the past ten-plus years, and for my grandfather, I am living and acting like the man he taught me to be.

Whether you are a Christian, Buddhist, Native American, or hold any other faith or none at all, the path to an abundantly free and happy life is to forgive those who have harmed us, no matter what their offense was. Until we forgive, we are still hostage to our abusers. When we do forgive, we set ourselves free.

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





PRACTICING PRESENCE

When we look at babies or animals we can see the mastery of presence. At any moment they are exactly where they are. And then there's us - these larger humans with access to - what could be considered one of the most profound gifts and yet our greatest curse - the mind. The mind that is always wanting to attach itself to something, some title, some experience, some past, some future or someone. Always attempting to solve something, analyze something or figure something out. It's just always there, doing its thing. Thinking. Thinking. More thinking. How much of this thinking robs us of our actual life that is unfolding before our very hearts? How much of this thinking keeps us out of and away from our feelings? How many of us actually know how we really feel most of the time? We have become so addicted to our minds, and the brilliance?! It has become the easiest, fastest escape from our pain.

Yes, that's right. We are unconsciously using thought as an escape from our suffering. The breakdown is that it leads us to greater suffering. By not feeling our deep sadness we run away from our joy. We can't turn down the volume on SOME feelings, so we accidentally turn down the volume on all feelings, and most of us don't even know that we are doing it. This creates disconnection and perpetuates the cycle of being distracted. How are we to connect with others when we struggle to connect to ourselves?

How much time are you really spending in the moment that you're in? If you start paying attention you might just find that so much of your day is consumed by planning, organizing, controlling, engaging in conversations with people who are not actually with you, blaming others, resenting others, shaming yourself, rearranging the past, or preparing for the future. All of these are clever strategies to avoid being present.

Presence might just be the most elusive experience of the human condition. Once you think you've got it down, there it goes again. Which is why it is a practice. So what does it look like - what does it feel like to be present? There are simple exercises that can help bring anyone back into the moment.

1) Connecting to the breath - As long as you are living your breath will always be with you. Being in relationship with the breath is having conscious awareness of it. What does it feel like to breathe in? What does it feel like to release the breath?

2) Connecting to the environment - Where are you right now? What are the sounds? The smells? What do you see? It is a powerful practice to start identifying these elements. We can't be in a future that doesn't exist when we are literally describing the environment that we are in right now.

3) Connecting to the body - Where is my body right now? Am I sitting? Am I standing? What does it feel like? It can be really easy to drift in and out of thought while driving, and instead if we pause and noticed the way that the steering wheel feels on our hands or the way that it feels to be sitting on the seat, we pull ourselves back into the car and into the moment.

4) Connecting to others - Active listening is one of the most powerful forms of meditation. Rather than pretending to listen to someone and secretly waiting our turn to speak, we can practice really listening. What is this person saying? Can we hear them or are we busy listening to our own narrative? Are we really listening?

Meditation is one of the most basic and powerful ways to become available to presence. It sets up a baseline for being able to connect to the breath, the environment, the body, and to others with a greater sense of ease. Imagine if everyone was spending 20 minutes meditating each morning, and making a conscious effort to connect to the present moment. This simple practice would lead us all into greater levels of intimacy and a deep vulnerability, because we would be experiencing connection. In our core, isn't that what we all desire? Let's each do our part and practice presence every day to the best of our ability.

If you feel overwhelmed by the thought of meditation - don't worry, you are not alone. It can be intimidating and we put pressure upon ourselves to "do it right." Here is the trick - there is no right. Even if you sat for two minutes talking to yourself and thinking the whole time, it would be an excellent start. By keeping the body still, eventually, the mind will follow. Start small. Keep it Simple. Just for Today ask yourself what you can commit to, and honor it.

Love Only, Rudy and Kelly Castro of Conscious Partnership



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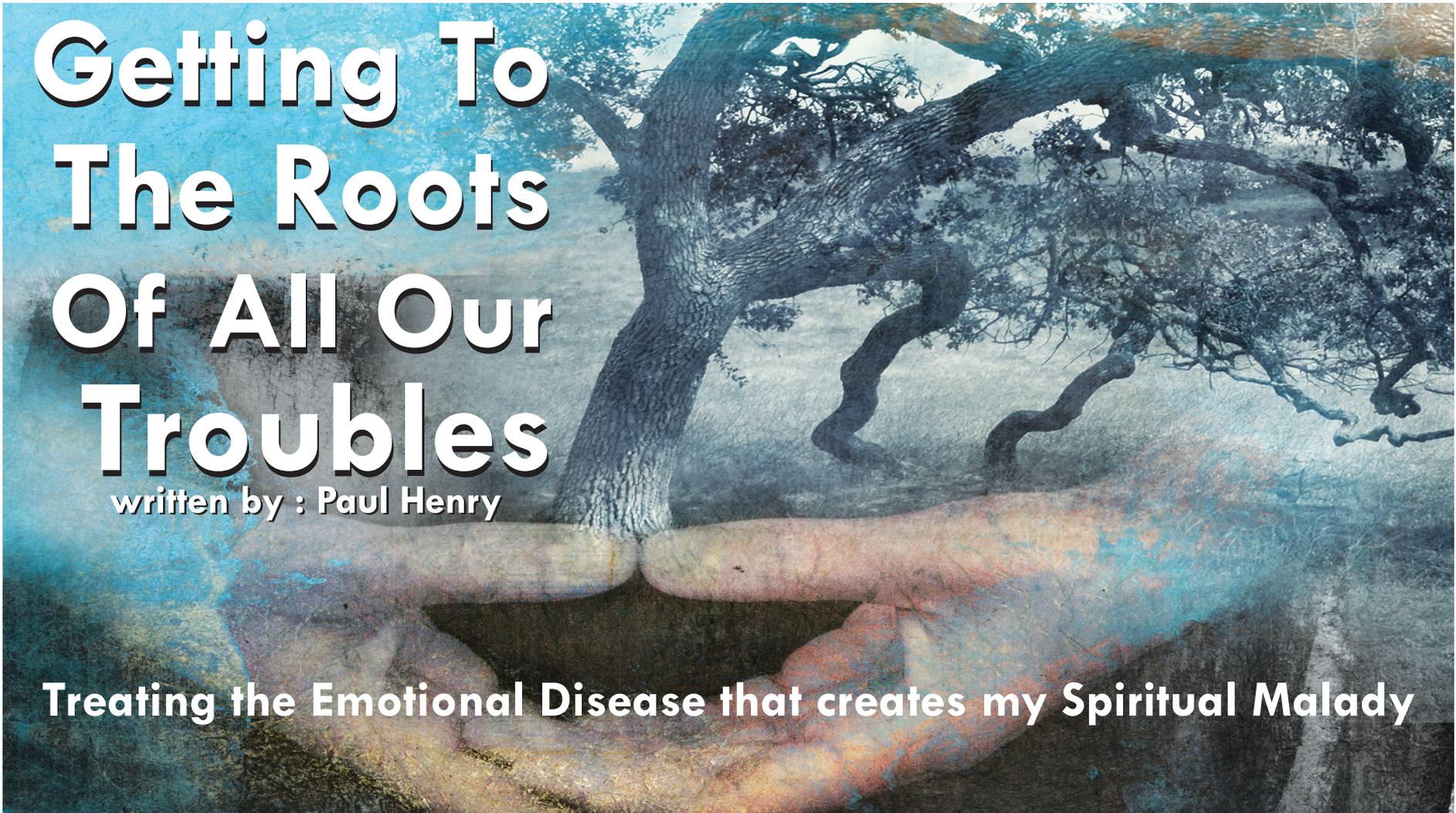
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Getting To The Roots Of All Our Troubles

written by : Paul Henry

Treating the Emotional Disease that creates my Spiritual Malady

My alcoholism almost killed me. It was only when my wife withdrew from me after she had exhausted all possibilities to try and help me—taking me to mental health professionals but with no success—that I asked her for the first time for help and she took me to my first AA meeting and booked me into a treatment center. The professionals would treat me for something other than alcoholism, wondering if my drinking was linked to some other mental health issue. They all failed to see that the mental health issue that I was suffering from, and that was going to kill me quicker than any other possible disorder, was my chronic alcoholism.

They had very little idea of what alcoholism is. Most people in the world do not know what alcoholism or addiction is. They do not believe it is a condition that worsens and progresses neurobiologically in the brain over time. Many in recovery are not completely sure what they suffer from and many coming into recovery are put off by the imprecise definitions they are met with. We still use a definition of alcoholism from 1935. It works—and that is the main thing—in treating alcoholism. It saved my life and gave me all I have but it does not explain all I suffer from and all that has threatened my recovery via relapse.

The professionals thought that by treating my other conditions it would alleviate the severity of my drinking. They seemed to have little idea that my drinking was also partly the result of my brain having been changed due to the chronically high consumption of alcohol and other drugs. They appeared to have little awareness that copious amounts of neurotoxic substances alter and damage the brain. They seemed to be of the idea that my ‘alcohol abuse’ was the result of something else, although 50-60 % of alcoholism is genetically inherited, making it one of the most genetically inherited conditions there is! I am not saying that there aren’t other conditions, co-occurring conditions, which have contributed to the severity of my alcoholism and addiction, like various tributaries running into the same river.

In fact, I suffer from other mental conditions that existed prior to and still run alongside my alcoholism and addiction. Namely, complex PTSD and attachment trauma.

Mental health professionals do not seem to successfully treat the most urgent problem very well, the alcoholism and addiction. They seem, like most of the world I believe, to be unaware that addiction and alcoholism become permanently ingrained in the brain. “Once an alcoholic always an alcoholic,” I have found to be true and science, in particular, neuroscience, which is the study of the brain, shows this too. Once you have become a pickled gherkin you will never be a cucumber again!

Science is catching up with what AA and other 12 step groups and treatment centers have known for decades. It has caught up with the idea that the condition of addiction is ‘progressive.’ It only gets worse, not better, over time. However, it can be managed and treated. People in recovery are doing this, sometimes very successfully and have lives they could not have dreamt of, regardless of still having this permanent and ongoing condition of the brain.

I believe my condition of alcoholism and addiction is ingrained in various parts of the brain that are connected to self-regulation such as emotion, motivation, memory and so on. When we are in emotional distress, our addiction becomes activated and acts like a ‘parasite’ on these parts of the brain that deal with ‘self.’ Distress activates addiction like a parasite—via our genes—which activates, for example, our memories to remember the good times when we drank, or activates our motivation to want more, more. It also activates our emotional networks to make us feel bad or our self-schema, to think we are worthless.

This is addiction and it reflects how our brains became conditioned by addiction. Addiction has shaped our brains to do its bidding. Our addiction became a compulsion, which is an automatic behavior to relieve distress. It was not the substance that did the ‘thinking’ at the end of our addiction—it was distress. The thrill had long gone! In early recovery, in particular, it is distress that leads us back.

We have to find a way of dealing with this distress in recovery. My way was the 12 step program of recovery.

The longer we are in recovery, the more subtle the addictive voice becomes. Sometimes it lives on via ‘workaholicism’ or too much food, porn, shopping, eating. All activated by emotional distress acting like a parasite on the brain networks regulating our ‘self.’ One solution is thus to get out of ‘self,’ to get out of having this distress. This is at the heart of 12 step recovery. I suggest getting out of self is done via a number of methods in 12 step recovery such as: helping others, prayer, meditation. There are also some ways of getting out of self which address the condition that seems to underlie our ‘spiritual malady,’ what I call my ‘emotional disease’ of alcoholism.

In recovery, I have been given a toolkit to deal with me, ‘my self’—a toolkit I never had before. I was never taught by my family how to cope with me, how to deal with my emotions. My emotions have always disturbed me and I have always sought to escape them, to control them externally, via external means such as sweets, cigarettes, girls, and gambling, sport, deviant behavior and then, in my mid-teens, via drink, drugs, and sex. I was always fixing my feelings via something outside of myself and the substituting of negative emotion with positive feelings of pleasure. I had this constant feeling of emotional distress even then, because of not being able to deal with my emotions, which would always impulsively lead me to fix my feelings

I have always had a limited ability to identify, label, process and regulate my emotions. I do not really have the fully developed brain networks that deal with controlling my own emotions. Emotions can be undifferentiated and distressing to me as I am not sure what I am feeling and this creates an unpleasant feeling I try to escape. I acted out on this through impulsive and then, later in life, compulsive behaviors. This is also called alexithymia, the impaired ability to identify, label and process emotion.

This alexithymia can be influenced by growing up in a traumatic or abusive environment or it can be genetically inherited by a combination of both. The vast majority of alcoholics have alexithymia.

My spiritual malady, as mentioned in 12 step recovery, has always been there too. In fact, I think my spiritual malady grows out of my emotional disease. If I can't control my emotions it is then difficult to live life on life's terms. When I came into recovery I was shocked by how I could not control, or even read, my emotions. In AA they say that people stay at the same emotional age as when they started drinking. I used to think this about me too but now I am not of this view. I think I never had the ability to read my emotions and tell another person how I feel. Fortunately, much of the program of 12 step recovery can help with this alexithymia as well as the resultant spiritual malady. Although I would also recommend outside professional help for co-occurring disorders, as I have benefited from outside therapeutic help for complex PTSD. My co-occurring conditions have threatened my recovery and needed to be addressed as a result.

The 12 steps clear away the 'wreckage of the past' and allow us to make amends for past wrongs which is a massive exercise in emotion regulation of past events. It emotionally relieves us of the distress we carried from our past lives. It allows us to forgive which also helps in processing the emotions attached to the wrongs we experienced. It gives us a clear slate emotionally. Step Ten allows us to regulate emotions by keeping this slate clean on a daily basis.

Another excellent technique for regulating emotion is sharing at meetings which allow us to talk through emotional issues—often to emotional resolution—to trust in a Higher Power and accepting that things are as they should be (not how we want them to be!) All these are vital to recovery. 'Wanting' brings a whole host of emotional difficulties such as distress, selfishness, greed, gluttony, as well as other negative emotions/sins/shortcomings as it activates the 'parasite' that feeds on motivation and wanting.

Another very important technique in 12 step recovery is the use of a sponsor. I will now explain how talking to a sponsor on a regular basis helps perfectly with treating our alexithymia. In alexithymia, we have only developed two levels out of five in the development of our ability to process emotion. According to one model, these levels include: awareness of physical sensations, sensorimotor reflexive (level 1); sensorimotor action tendencies (level 2); single emotions (level 3); blends of emotions (level 4); and the capacity to appreciate complexity in the experiences of self and others, (level 5). Those with alexithymia are usually stuck on the first two basic levels, being moved into action by emotion, which ties in with me as a young

person being compelled to fix unpleasant feelings via action, externally. This was partly because I could not get to level three, identifying emotion—not to mention blends of emotions—and certainly not their complexity.

The magic of recovery is that ringing my sponsor and discussing my feelings allows me to process all these levels. Levels I cannot always do by myself! When we ring our sponsor it is usually because we have a resentment against someone or something and it has resulted in our thinking going awry. We are usually in emotional distress. When talking to our sponsor, we can often identify an emotion (level 3) or character defects like shame, pride or guilt. We can explore what we actually feel and this can often be linked to other emotions and feelings we have had about related themes and incidents—incidents we were not aware of as related (level 4). We can also discuss the other person's perspective and increase our understanding of self and also of others (level 5). This can help with other matters like empathy and forgiveness.

When we process emotion properly, the events that inspired distress are lodged away in our memory banks and are no longer swirling around in our minds. Most of the 12 step program of recovery is about doing this: processing our troublesome emotions and filing away their related memories (cleaning the slate). Talking to a sponsor is also like a step 5 or a daily step 10.

Gratitude also helps in the regulation of emotion. We are happy with what we have, not distressed by what we want. Practically all 12 step recovery is a program for growing emotionally, changing our emotional brains in the process. Belonging to a 12 step group helps with attachment issues, increasing our sense of belonging, which relieves distress and helps to regulate our emotions too.

In spiritual terms, 12 step recovery 'restores us to sanity' by spiritual and psychological processes which allow us to fully process emotion. It is the emotional distress which activates our spiritual malady and addictive behavior. Treating this distress via effective processing of emotion allows us to root out the cause of all our troubles.

Paul Henry lives in Wales, UK and has been in recovery for over 12 years. He completed various degrees in recovery, including one in Psychology which led to him being a Ph.D. candidate in Neuroscience. Paul is a published author in an academic journal and writes for 'Inside the Alcoholic Brain' and 'The Alcoholic's Guide to Alcoholism.' He writes about how the brain is altered prior to, and after, addictive behavior; how this alteration remains in recovery and how it needs to be managed by spiritual practices, one day at the time. For more information please visit these websites: <https://insidethealcoholicbrain.com/> & <https://alcoholicsguidetoalcoholism.com/>

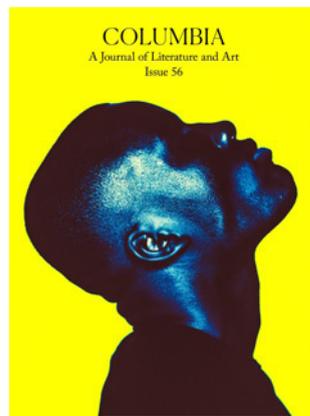
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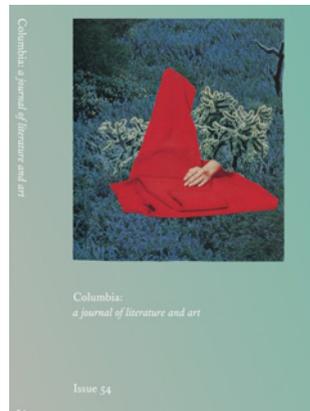
Submissions open August 15th & close Nov. 15th, 2018

Accepting Entries in Poetry, Fiction, and Nonfiction

For Submission Guidelines & Questions Contact
Chelsea S. Roberts - Community Outreach Manager
Columbia: A Journal of Literature and Art
415 Dodge Hall, Mail Code 1804
2960 Broadway, New York, NY 10027



The Incarcerated Writers Initiative encourages incarcerated writers to submit their work to the Columbia Journal for publication.



Be sure to include a Submission Cover Sheet that includes: Full Name, Which Category you are submitting to 1} Fiction 2} Nonfiction or 3} Poetry. Include your Primary Return Address, and a Secondary Return Address as well as a Brief Introduction.

Entries in Poetry, Fiction, and Nonfiction that are selected by the Journal's editors will be considered for publication in the print journal, online at columbiajournal.org, and entered in the annual Winter Contest.

Every writer will receive personalized feedback about how to develop their work. By submitting, you give Columbia Journal permission to publish your work in print or online. All submissions will receive a response.

Incarcerated Writers



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Anaheim Convention Center

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.

**Limited Scholarships available for family/community members. Scholarship deadline is August 30, 2018. Professionals can earn CEUs. For pricing and other information visit www.opioidsummit.us*

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by: Mary Crocker Cook, LMFT, LAADC, CADCI

THE RELATIONSHIP BETWEEN PTSD AND ADDICTION

Case Example: Janet has checked into treatment for the third time. It's been three weeks, and her detox from alcohol is complete. However, her counselor notices that Janet still appears emotionally flat, seems to be hypervigilant and easily startled, and appears exhausted as a result of vivid dreams that wake her up at night. When she's startled awake her heart is pounding, and she's sweating. Janet prefers to spend her free time reading, and avoiding the loud teasing and story-telling that the rest of the clients use to bond. If she's honest, the noise makes her want to bite their heads off, which makes her feel bad about herself. It's the same reason she avoids her family when she's home and drinks to "calm down."

Like many clients in treatment, particularly clients with a multiple relapse history, Janet will continue to struggle with her alcohol use unless the treatment team recognizes that she needs to address the symptoms of Post Traumatic Stress that derail her sobriety.

PTSD & Addiction: Around 50% of individuals seeking substance use treatment, also meet criteria for Post-traumatic Stress Disorder (PTSD), and individuals with a co-occurring PTSD/Substance Use Disorder (SUD) tend to have poorer treatment outcomes than those without such comorbidity.¹

Evolution and Definition of PTSD: PTSD was initially described as "shell shock" for returning veterans. Our understanding of this painful disorder has evolved in the DSM-5 to identify a broader range of trauma-inducing stressors, including exposure or threat of death, actual or threatened serious injury, or actual or threatened sexual violence. It's important to identify that the stressor can be experienced directly or by witnessing, indirectly.

How Does PTSD Develop?: While research shows that up to 70% of the population has experienced a traumatic event over their lifetime, only about 8% go on to develop PTSD. The key is the perception of helplessness in the face of trauma and prior history of trauma (for example, child abuse). The greater the helplessness, the more likely we are to become trapped in our hyper-arousal cycle and later develop posttraumatic symptoms.³

When we encounter stress, our sympathetic ("fight, flight, or freeze") system responds, our adrenal system is triggered, cortisol is released, and our body becomes prepared to move toward the threat (fight), move away from the threat (flight), or we may even dissociate (freeze). Afterward, our parasympathetic ("rest, digest, and heal") system takes over, and our bodies are restored to "normal" functioning.

In PTSD, we do not fully return to the parasympathetic system and are therefore always primed for a fight-flight-freeze reaction. We are never fully at rest, always vigilant and may have distorted perceptions of threat. An analogy might be to keep your foot on the gas pedal without letting up. Sooner or later the engine will begin to burn out. It is not uncommon for PTSD suffers to develop accompanying stress-based disorders such as fibromyalgia, chronic fatigue, clinical depression, or colitis. A sizeable portion also go on to develop an addiction.

The Role of Addiction in PTSD:

- Chemical dependency is often described as an attempt at self-regulation, not so terribly different from self-injury other types of trauma-related impulsive behavior. From this perspective, we come to see that addiction is a result of an attempt to ward off the intrusive memories, smooth out hypervigilance, and disconnect from anxiety.

- When alcohol or drugs are used to manage PTSD symptoms, the symptoms of the disorder only become more severe. As a central nervous system depressant, alcohol and opiates can worsen depression and anxiety, and interfere with normal sleep patterns.

- We might mistakenly believe that treating the trauma will stop the alcohol and drug abuse. However, addiction may continue to persist given that the substance has hijacked our reward system, causing us to develop enduring tolerance (need more of the substance to get the same effect) and withdrawal (physical consequences and discomfort when substance use stops) symptoms.

For these reasons, addiction issues must always be addressed concurrently in trauma recovery, because the substance abuse will consistently undermine all other treatments by impairing our memory, perception, and judgment.

Similarly, trauma issues should always be addressed concurrently in addiction recovery, given that the presence of trauma symptoms makes substance abuse much more likely.

Successful recovery requires clients to understand how the addictive substances have helped them survive: that is, which trauma symptoms have they been attempting to treat through drinking and drugging.

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MAKING AMENDS FOR THE DAMAGES OF OUR PAST

So much stigma still clings to the addiction that I maintain recovery from. Gambling Addiction. It has been called "The Silent Secret", and "The Underground Addiction", to name a couple. One of the reasons I advocate and write for publications like "Keys to Recovery", and blog about this disease is to help raise awareness and shatter some of the stigmas around the disease, and to those who become addicted to it. It can be a very tricky process when we get to the point in our recovery when we are ready to make amends to others. WHY?

Because those who we may have hurt or caused pain, because of our selfishness, in our addiction, may not be receptive to our amends and apology. Sadly, some people do not understand, and they hang on to anger or resentments from the old 'us.' An example of this presented itself to me, as it is no secret I am also a co-writer and book marketer. My clients know I am a recovering addict as I disclose this on my business website right up front. Honesty is an important part of maintaining my recovery; I don't hide behind a mask any longer. If they choose to hire me, I have been transparent.

It has not been a secret I have been co-writing a book for an amazing former NFL pro athlete as well. It is a memoir of his legacy in book form, that includes and discloses his addictions, his past wreckage, career, amends, and his recovery journey thus far. We recently had a few people from his past, and his adult children, who had chosen not to accept his amends, ask many questions about the book. The concern and question the adult child asked: "if we are writing the truth about the past damage and hurt he had caused to his biological children?"... was that not opening a door that should've remained closed?

We know that making amends in recovery to those we caused pain and hurt as an addict is a big area of our path and recovery work, that we have to face, as the 12-steps tells us. For me, (courtesy of Gamblers Anonymous) my GA steps eight and nine, which are part of the Recovery Program are as follows:

8. Make a list of all persons we had harmed and became willing to make amends to them all.
9. Make direct amends to such people wherever possible, except when to do so would injure them or others.

But what happens when those we need to make amends to are not accepting or receptive to us?

One of my favorite websites that I visit often is, "www.HazeldenBettyFord.org." Here is some sound advice they share about "Making Amends is More Than an Apology".

"Addiction creates moral wreckage. People who become addicted to alcohol or other drugs might lie, cheat, or steal in order to get and use their drug of choice. Often what's left behind is a trail of shattered relationships. In this situation, apologies won't do. Carrying out steps eight and nine is a delicate process that calls for guidance from a sponsor or counselor. There is a difference between making an amends and an apology. For example:

Let's say I borrowed 20 dollars from you and never paid you back. If I go up to you and say, "Gee, I'm sorry I borrowed your 20 dollars and spent it on drugs," that would be an apology. Making amends is giving your money back to you. We have to take ACTION and CHANGE to make a proper amends. The example is when amends may need to be indirect as to not harm others or yourself"...

"You were just released from treatment, you don't run home and say to your spouse, "Gee honey, I had a wonderful time in addiction treatment. I learned all about rigorous honesty, so I want to apologize to you for an affair I had five years ago." That's clearing your conscience at the expense of someone else that's going to feel terrible. In this case, your amends can be an indirect one and action. Stop having affairs and bring your heart, your energy, and your attention back home where it belongs."

When maintaining recovery, we may face those who are not willing, have the right perspective, or have an understanding of addiction, and the recovery process. They have the choice to not accept our amends no matter how much it may "sting" us. If you have the foresight that it may happen, then you use an indirect way of making amends. When we change as better people within recovery, it shows and sets an example to them that addicts do recover.

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SEPTEMBER 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.

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.

SEPTEMBER 7-9, 2018: THE 40TH ANNUAL VENTURA COUNTY ALCOHOLICS ANONYMOUS CONVENTION (VCAAC): will be held at the beautiful Hyatt Westlake Village. Fantastic Speakers - 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 Store. Raffles, Drawings, Prizes and Gift Baskets, Memorabilia sale items with T-Shirts, Mugs, Recovery Items and More! For information visit. www.VCAAC.org

SATURDAY SEPTEMBER 15TH 2018: Forever Summer Dance Party, enjoy the fun at the Windsor Club. 10pm to 1:30am, after 8pm meeting. \$8 suggested donation for dane, \$6 for members. Refreshments, snacks and a 50/50 raffle all at the Windsor Glub located at 123 West Windsor Rd. Glendale, California.

SUNDAY SEPTEMBER 16TH 2018 6PM: Rock Bottom Comedy, \$25, 21 and over. The Comedy Store 8433 Sunset Blvd., Los Angeles. Proceeds benefit the 55th International Women's Conference (February 7th to 10th 2019). For more info visit www.internationalwomensconference.org

FRIDAY SEPTEMBER 21ST TO 23RD: 67th Annual Southern California AA Convention, with Al-Anon Participation, Westin Mission Hills Resort in Rancho Mirage, California. For more info visit www.aasocal.com.

FRIDAY SEPTEMBER 28TH TO 30TH: 44th Annual Woman to Woman San Diego Conference for Recovering Alcoholic Women. The Dana on Mission Bay Hotel, For more info visit www.womantowomansandiego.com.

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.

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

To find local meetings and events all year long call

Alcoholics Anonymous San Fernando Valley Central Office

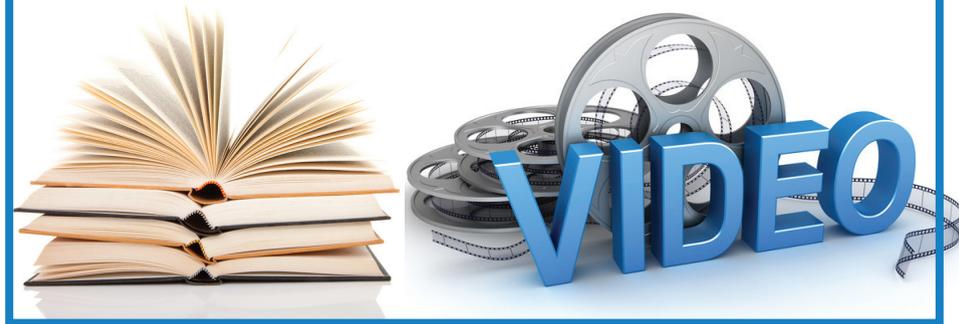
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Mon.-Fri. - 9:AM - 6:PM
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VOLUNTEERS ARE ALWAYS NEEDED

Book & Video Reviews



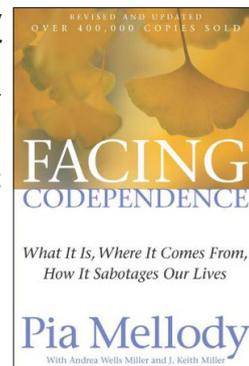
FACING CODEPENDENCE, What It Is, Where It Comes from, How It Sabotages Our Lives. Written by Pia Mellody with Andrea Wells Miller & J Keith Miller. Published by Harper & Row Publishers, San Francisco.

This book is intended for people who want to change their behavior in a significant way, and are serious about learning to help themselves do so. Changing one's behavior is admirable and is exceedingly hard to do. Codependence is very misunderstood, so first it is necessary to learn what codependency really is What it looks like in everyday life and where it stems from (how to recognize it from past events/cycles). It is a DISEASE. She discusses what co-dependence is, what it stems from and how to identify it. And mainly how you can get control back.

Pia uses the word "Abuse" a lot in this book, so you must first make a mental leap and accept her meaning of abuse, "almost anything that leads a person into a codependent relationship".

In this book, Pia focuses on all aspects of codependency. This is not your normal self-help book. This book is written by a person who has dealt with codependence and abuse herself. While reading this book, you will at times think she is writing about you, because it is so real. It is a wonderful book that was written based on personal experience with many examples of others, who suffer and survive these issues. This book gives you hope and direction. Behavioral change starts one step at a time and involves making mistakes – nothing ventured nothing gained.

Don't be afraid to face your demons. Trust me, buying and reading this book will be the first step in your journey toward freedom. Available at Amazon.com



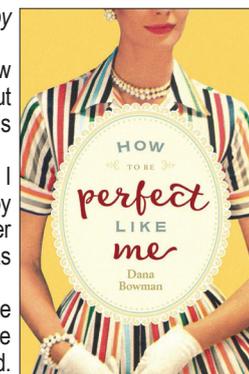
HOW TO BE PERFECT LIKE ME. By Dana Bowman. Published by Central Recovery Press, Las Vegas, NV.

This is Dana Bowman's second book, and I can't wait to read and review her first book "Bottled: A Mom's Guide To Early Recovery". Dana writes about her life in recovery and recovery in her life. You have to love a book that ends the first chapter with, "How to Be Perfect in Five Easy Steps".

She writes about real life, imagined life, and everything in between. I read this book in two sittings. Yes, two! I felt as if I were talking to a friend by the third chapter. Dana had me laughing at the imperfection of her life. Her experience, strength, and hope, written in such an honest and direct way, was refreshing and fun. Simply put I loved this book.

Dana talks about God and prayer throughout her book, which made me love her all the more. Some of those prayers were, "God, grant me the freaking serenity..." for children. Others were more like her love notes to God. Dana writes about her marriage, being a mom, and a woman in recovery, she writes about triggers, fears, depression and navigating it all, but mostly she writes about hope and love.

This book gets five heart-shaped stars from me. Available at Amazon.com



THE HAPPY BEGINNINGS PODCAST: Celebrating Sobriety with Michael Colyar, Episode 1: Louis Gossett, Jr.

Happy Beginnings is all about changing the addiction conversation, sharing stories, removing the stigma, and saving lives...'Celebrating Sobriety!' By coming together as a community, they are a source of hope and inspiration for those who still struggle with their addictions. The Happy Beginnings Podcast series features one on one guest conversations with their host. The podcasts are part interview, part conversation, but mostly storytelling. The guests share their life experiences, early years of sobriety, the transition into addiction, and how that played out until ultimately finding their 'Happy Beginnings' return to sobriety.

I just finished listening to Episode 1: with Louis Gossett, Jr. I have admired and appreciated Louis Gossett, Jr. since the early seventies while listening I connected instantly with his struggles and triumphs. The format is upfront and real, as life is with its mistakes. I truly appreciate how the podcast doesn't edit the dialogue before taping, that is a uniqueness that warms the heart and soul. The entire interview with Louis Gossett, Jr. was incredibly revealing, informative and so very enlightening. What a wonderfully blessed life Louis had, and all of the remarkable history he experienced. One amongst many of the wisdom-filled sayings I loved, was when he explained: "when you are a newcomer before you come to the first meeting, you are really blind, and then we finally make the first decision to stop, stop using stuff."

I for one applaud this remarkable platform, the podcast allows the guest to tell it like it is! with a no holds bar approach. I am hooked on the openness and honesty that I heard, and this was only the pilot episode! Check it out at www.thehappygod.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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LAST CALL 12 STEP STORE FOR SALE: Twelve n' Twelve is planning on closing its doors forever on Oct. 20, 2018. We will be closed Sept. 2nd thru Sept. 7th. Then we will be open again starting September 9th (Tuesdays - Saturdays 10:AM-6PM), Until Oct. 20th. While the physical store is closing, we are shifting our focus to our website. We hope you will continue to buy your medallions, chips, cards, etc. from us at great prices and fast, fair shipping at www.12n12.com or www.twelventwelve.com. (remember to add the .com when you google us). Take advantage of our tremendous sales going on now until we close the store or someone purchases it. Qualified buyers call Keate (310) 207-8895. Lots and lots of love, Keate and Nina.

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SOBER LIVINGS

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

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

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

Materials & Deadlines

Terms and Conditions

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

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

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

www.KeysToRecoveryNewspaper.com

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

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

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

- 12 Step Alano Clubs
- 12 Step Meeting Halls / Central Offices
- Bail Bonds
- Churches
- Clinical Professionals
- Coffee Shops
- Colleges
- Correctional Facilities
- Counseling Office & Services
- Department of Health
- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Drug Courts
- Employee Assistance Programs
- Homeless Shelters
- Hospitals
- Intensive Outpatient Centers
- Judges & Lawyers
- Libraries
- Medical Centers
- Mental Health Professionals
- Police Departments
- Parole - Probation Departments
- Recovery Stores
- Rehabs and Treatment Centers
- Rescue Missions
- Sober Livings
- Transitional Housing
- Therapist Office

- Universities
 - Veterans Hospitals
- Recovery Conventions & Conferences,
Industry Networking Events & many more
locations each and every month.*

*From the most prestigious neighborhoods
and facilities of all types to the
impoverished streets of Skid Row,
we carry the message of Hope &
Recovery to everyone we can. Join us!*

Vital Services Resource Guide

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

RESOURCE GUIDE

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Clutterers Anonymous: (866) 402-6685.

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

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

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.calproblemgambling.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



You don't have to understand. What my eating disorder drives me to do and say is hard for even me to grasp. What I need from you is love and support. I need you to believe me. If I say that I hate my body, I need for you to truly listen rather than reassure me over and over again. (You have probably noticed that doesn't work.) Consider saying something like, "I believe you. I don't understand what that's like, but I'm here for you." When in doubt, ask, "How can I support you?" Please keep this dialogue open, because starting the conversation myself feels scary.

Have patience with me. I might yell at you. Even if you say something inspired and helpful, something that I asked you to say, I might get upset. I'm more irritable than ever. This isn't about you. I'm mad at myself. I'm mad at my eating disorder, which I am learning, in therapy, to personify as "Ed." Much of the time, I can't tell the difference between my thoughts and Ed's. It might help for you to try this therapeutic technique, too: separate me, the person you love, from the eating disorder—the one who yells and pushes you away.

I need you. Ed doesn't like me to need people. This is similar to how, at times, he tells me that I don't need food. At other times, I binge and purge people just like I do with food. But, beneath Ed's lies, I do need you. I thank you.

Beneath my eating disorder, I'm still here. Sometimes, you might think that the person you used to know—the "real me"—is gone. But, I haven't gone anywhere. I am more than my illness, and I am learning more about who I am every day. No one would choose to have an eating disorder, but I am beginning to see the gifts of recovery emerge. Finding my voice is one.

Love, Me

P.S. Many years later, as an adult, I can finally say: full recovery is possible!

Special Note from Jenni: I would like to thank my incredible community on Facebook, Twitter, and Instagram for providing key insights for this article. This post would not exist without all of your heartfelt comments. I am forever grateful for your support.

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.jenischaefers.com.

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We need to know this because the trauma symptoms will increase when we enter sobriety, and we will need coping strategies to manage the triggers of PTSD when they appear. Relapse prevention plans must create strategies to manage both addiction and PTSD symptoms and triggers.

Successful trauma-informed treatment might include combinations of:

- Psychoactive medication, if necessary, to address hyperarousal.
- Mindfulness and distress tolerance skills to address arousal and disconnection from the self.
- Cognitive Behavioral Therapies to address the distortions in thinking that occur as a symptom of both addiction and PTSD.
- Both inpatient and outpatient treatment centers may offer these options. Be sure to ask the treatment provider if they treat co-occurring trauma and addiction.

Case Example: Revisited: Janet's counselor had recently completed a co-occurring disorder course, and recognized the significance of Janet's history of domestic violence leading to her husband's 5-year prison term. Janet had not considered the impact of the violence on her use of alcohol because he's incarcerated. However, her symptoms continued to persist and were influencing her drinking habits.

It was not in the scope of practice for Janet's CADC counselor to treat her PTSD, but she asked Janet about her symptoms and was able to make a referral to a local mental health counselor and psychiatrist, who often treat substance abusers with mental health issues. Also, her counselor placed Janet in the program's "Seeking Safety" group, gave her an information sheet about PTSD so that Janet could see that she wasn't just "crazy," and encouraged Janet to keep a journal of her PTSD symptoms triggers along with her alcohol triggers. When it comes time to write Janet's relapse prevention plan, she will write the plan for both PTSD and addiction management. Addressing both of these disorders together will increase Janet's likelihood of finding sobriety and greater health.

Mary Crocker Cook, D.Min., LMFT, LAADC is a marriage and family counselor and addiction specialist in San Jose, CA. She is developed and is the Program Coordinator for the San Jose City College Alcohol and Drug Studies Program and is the author of several recovery and codependency books located at www.marycrockercookbooks.com.

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So what do you do when you have tried everything and amends seems impossible? Hazelden Betty Ford uses this example and says: "Say, for example, that someone gets drunk, drives, and kills somebody in a traffic accident. You can't go back and "unkill" the person who died. Instead, you can fill out an organ donor card. This is an indirect amend that can give life back to someone in the future. Remember that with crimes such as drunk driving, people might need to go to court and take a punishment and accountability. That's part of making amends as well."

The feelings I shared with my writing partner were:

Addiction has no boundaries of whom it touches. Rich, poor, famous or not, addiction is an "all-inclusive" disease; sadly this includes the people in our lives. And when you are a higher profile person in the media, it can be even harder to make those amends. Maybe consider another kind of amends. It's called a "Living Amends." This simply means that we live differently. Amends are about a genuine change in our behavior instead of the patchwork of an apology. We take on a whole new way of life. We stop accumulating fresh insults to ourselves and others. "Let Go and Let God."

When we take on the amends process, the 12-Steps say in return after step nine, we will receive the recovery promises, "If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace."

This is what happens when we bring justice back into our lives by making amends, and can "Quit To Win" from gambling addiction.

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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