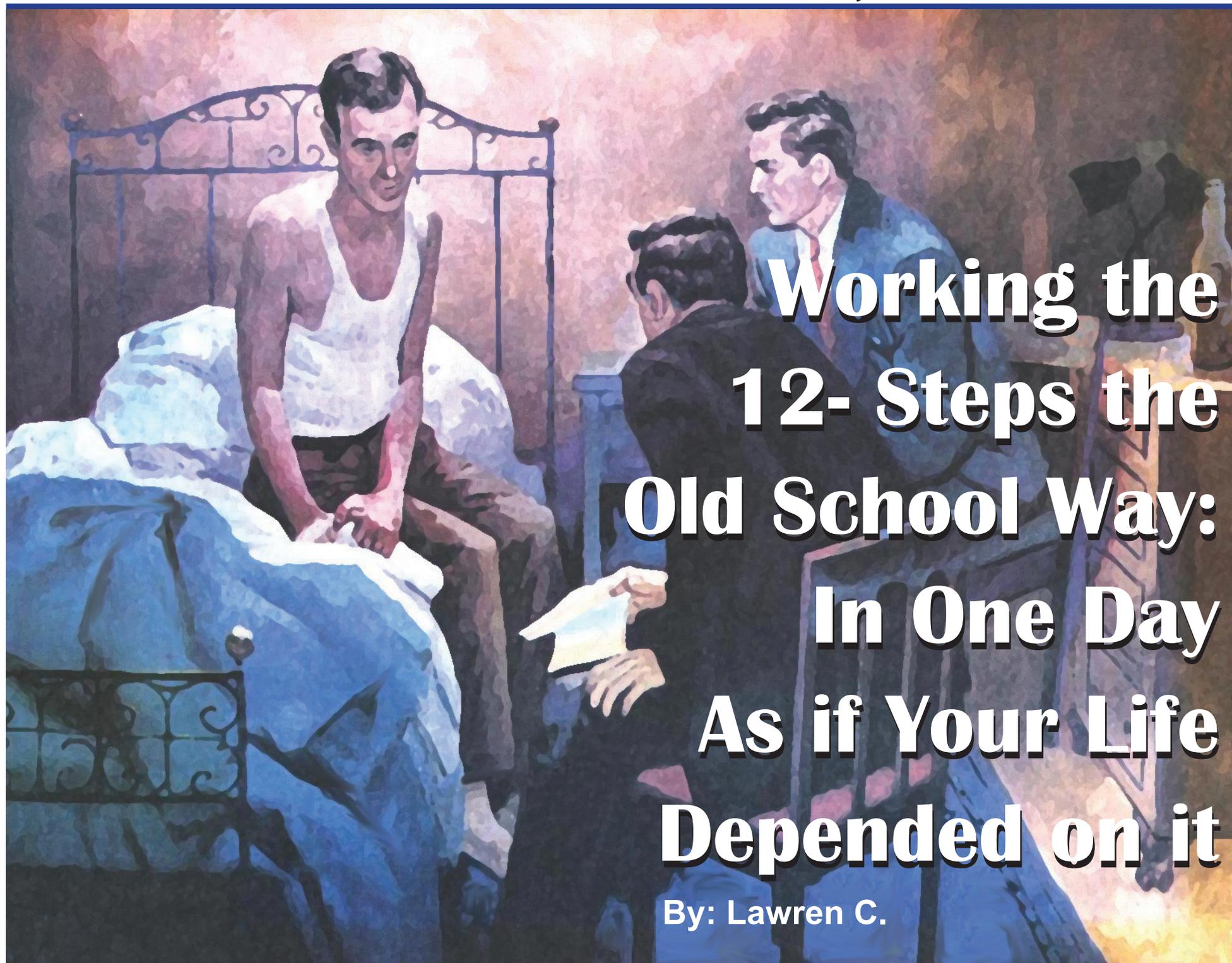


October 2018

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By: Lawren C.

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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: Anonymous
 Beth Dewey-Stern: Cofounder
Editorial Contributors: Marcus Marshall • Jeannie Marshall
 • Mary Cook, M.A., C.A.T.C. • Darrell Fusaro • Dr. Clinton Weyand
 • Ward W. • Patrick O'Neil • Steve Jones • Hannah Sward •
 Rudy & Kelly Castro • Lawren C. • Jenni Schaefer • Catherine
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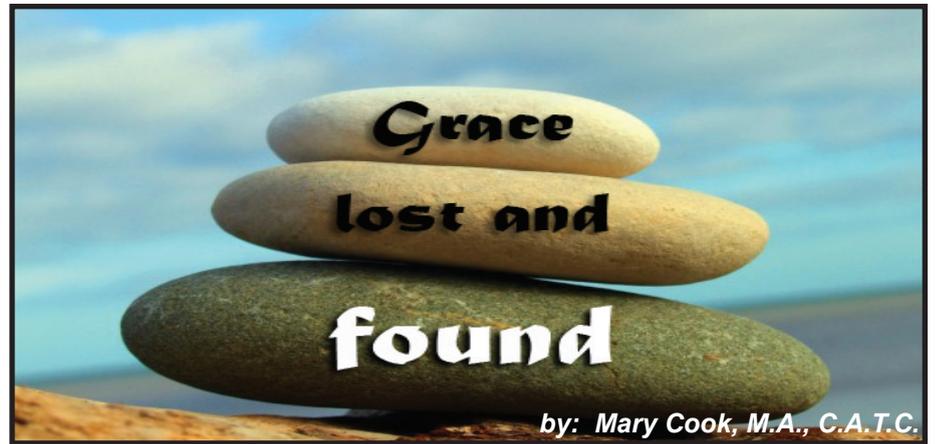
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by: Mary Cook, M.A., C.A.T.C.

CHARACTER DEVELOPMENT

Sometimes the only way we know how to gain a grander view of ourselves, is by demeaning others. We are not aware that it is our character, and how we conduct ourselves with others, that determines our personal fulfillment. Healthy self-esteem arises from identifying and developing internal strengths, and working through and releasing defenses that block them. There is no external competition or comparison involved in genuine esteem. Healthy self-valuing is not narcissism, but rather a realistic appraisal of self, that excludes judgments of inferiority or superiority. Someone who has high self-esteem is not responsible for robbing us of our share. In fact, they can be an example that inspires and motivates us toward deeper healing, and maturation. The genuine grander view of us includes interdependence with and appreciation of all living beings. It is through humility, diversity, and unity that we become our best self. It is through understanding rather than judgment that we create harmonious communities.

We may think that blaming others prevents us from being blamed. And yet, the more harm we cause to others, the more toxic we become to ourselves. We may think that condemning ourselves is the correct response. And yet, this holds us hostage to harm, when we really need to heal and amend ourselves, and our relationships. Blaming separates us from what we need to change. Battling for power focuses all our energies on conflict and limitation. When our behavior harms society, we invite more struggles and restrictions. Negative aggressions typically arise from our own unhealed wounds, and these aggressions re-open them, bleeding out more life force. Instead of focusing on anger and fear, let us take personal inventory and be accountable with others to transform our behavior and attitudes. We must see that our external conflicts mirror our internal conflicts, and that peaceful inner resolution is our only hope for a fulfilling life.

Denial of pain sabotages healing, faith, internal strength, and wisdom. This leaves us with defenses which prevent healthy relationships with ourselves and others. Escapist strategies do not allow trial and error to develop skills for healthy solutions and resilience. Obtaining spiritual and psychological support to compassionately face pain in order to heal it, allows us to be held in the tenderness of understanding and the strength of faith. If we've experienced abandonment from loved ones, for example, our relationships may exhibit avoidance or child-like clinging, people-pleasing or sabotaging, distrust or idealization. These are common defensive reactions to the pain of abandonment. In contrast, when we join together to examine the roots of pain and practice what heals it, we increasingly release past patterns and find wholeness within us, and kinship with others.

Judgment, blame, and denial keep us emotionally immature. Self-esteem, happiness, and life fulfillment are possible only when we honor the power of personal change, and life's continuous evolution. We need to accept our human nature as flawed, and failure as a necessary motive for spiritual growth. We need to join with others in wise and safe communities of reciprocal helpfulness, and extend compassionate caring where it is most needed. We must unpack our burden of neglected needs, shattered dreams, bloodied blame, and toxic shame, for these experiences do not define us. It is not what we carry within us, but the caring we share between us that gives us true purpose. We overuse and overempower our minds and they turn into tyrants. We must listen to the wisdom of our heart and the stirring of our spirit to find peace, kindness, hope, and redemption. From this spacious preciousness of meeting one another as human and holy, healing and authentic life begins.

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



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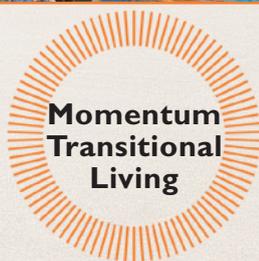


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by: Darrell Fusaro

WHO'S YOUR ESKIMO?

The first time I heard the phrase, "So and so was my Eskimo," I had no idea what it meant. I had recently moved to Los Angeles, CA and people in twelve-step programs were using the phrase frequently. It was a reference to the person who was instrumental in introducing them to the program. It was clearly a term of endearment, but why were they referring to them specifically as an Eskimo?

This was a real head-scratcher; especially considering the fact that the only place an Eskimo is mentioned in twelve-step recovery literature is in the Big Book. The term is used in a story about an Eskimo who turned up at the Greenland Ice Cap. He arrived with a bottle of scotch and ruined a local alcoholic's sobriety. This was a real tragedy considering that the only reason this alcoholic had moved to the Greenland Ice Cap was to avoid temptation. This scenario featuring an Eskimo is used to illustrate the fact that unless alcoholics and addicts seek to enlarge their spiritual life, they are doomed to use again, no matter how far away they try to hide to avoid temptation.

Curious as to how Eskimo has become a term of endearment, I asked a friend. The answer I received was what I had already concluded. "An Eskimo is the person



who brought you to the program", she said. When I asked why these kind souls were referred to specifically as Eskimos, no one knew for sure.

As chance would have it, the mystery was solved for me in the most unexpected way. Out of the blue an Englishman I knew began talking to me about how he hears the reference to "my Eskimo" often in Los Angeles twelve-step groups and few know its origin. He went on to explain that it comes from an old story that is completely unrelated to Alcoholics Anonymous. It is an allegory of answered prayer. He shared it with me. It goes as follows:

"A man was sitting in a bar declaring loudly that he didn't believe in God. "Why not?" the bartender asked.

"I was on my dog sled, crossing the frozen Yukon, when a terrible storm came up. I completely lost my way. The dogs and I huddled together for warmth but soon all our food was gone. Day after day, I begged God to help me but nothing, only silence. I knew I was going to die."

"But you're here," said the bartender. "God must have helped you."

"What God?" said the man. "Some Eskimo came and showed me the way."

It's a humorous way to deliver the good news that even if you don't believe in God, if you pray for help, you'll still get it. With that mystery solved I also found it ironic that both Eskimo references, the one used in the Big Book and this one, although strikingly different and completely unrelated, are both an invitation to "come to believe" in a Higher Power.

I am also delighted by the fact that God answered my inquiry by dropping an unexpected Englishman onto my path. I'm always in awe of how "God moves in a mysterious way. His wonders to perform." In this case, the Eskimo who turned up to assist me was an unexpected Englishman. More proof that I live in a benevolent universe and happy surprises are always in store for me on the road ahead.

"That's too coincidental to be a coincidence." –Yogi Berra

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



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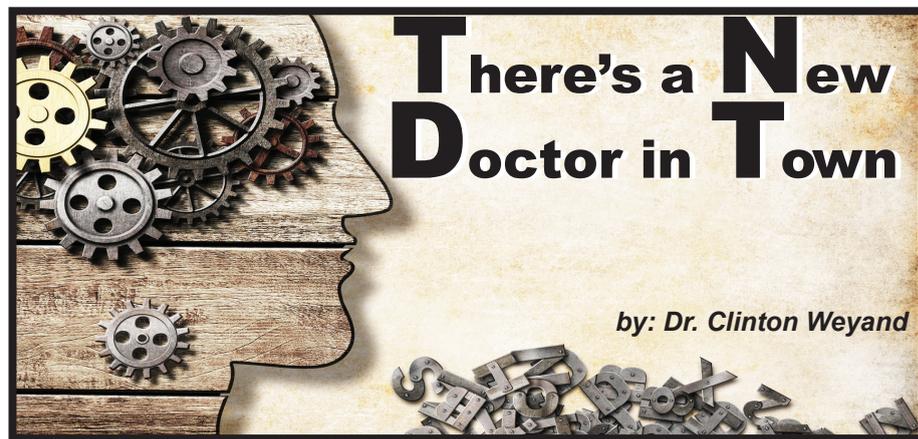
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There's a New Doctor in Town

by: Dr. Clinton Weyand

EMBRACE CHANGE

Recovery demands change. Recovery means change, it does not mean adjusting to phony facts or being a people pleaser.

Identifying self-defeating and destructive behaviors and thoughts is a big part of change. Sometimes, proud parents hold out their new child stating, "The negative cycle stops here".

We can call it an "existential awakening" or "the conversion experience", but "hitting a wall" is necessary to initiate the motivation and strength to change. When we hit the wall hard enough our perceptions are altered. The essence of the experience is that "enough is enough."

A scary question to ask of yourself is, how much are you prepared to lose if you don't change. For some, the First Step is a desperation step. The Second Step is the beginning of your life beyond addiction. When you have to seriously "accept and acknowledge" every one of your unhealthy behaviors, thoughts, and feelings."

We can only get clean and sober for ourselves. It must be our decision. Coupled with the willingness to state the complete truth, we are going through the transformation for our new self; not for our partner.

Change is never a matter of picking and choosing what we are willing to do. Real change is frequently a matter of changing everything.

Every yes is also a no. When we say yes to new feelings and new behaviors, we are also saying no to slippery people and places; and old bad habits that keep us stuck.

Celebrating all success is the antidote to getting unfocused and idealizing perfection. Recovery is done by going deep, and not devaluing the search and the journey and our passionate purpose.

We include some AA wisdom about change:

1. Change is inevitable. Growth is optional.
2. Insanity is doing the same thing over and over.
3. I don't change what I don't acknowledge.
4. Thank God I'm not what I used to be.
5. Change is a process and not an event.
6. Being a grateful alcoholic means honoring the search.
7. Unless you change, your character defects come back wearing a different outfit.
8. A door closes, and another door opens. Don't decorate the hallways.

*A kind of light spread out from her.
And everything changed color.
And the world opened out.
And a day was good to awaken to.
And there were no limits to anything.
And the people of the world were good and handsome.
And I was not afraid any more. -- John Steinbeck*

MY PERSONAL CHANGE STORY When I was five years old, I was in a Bantam Bowling League. My bowling ball weighed six pounds and was professionally drilled to fit my hand.

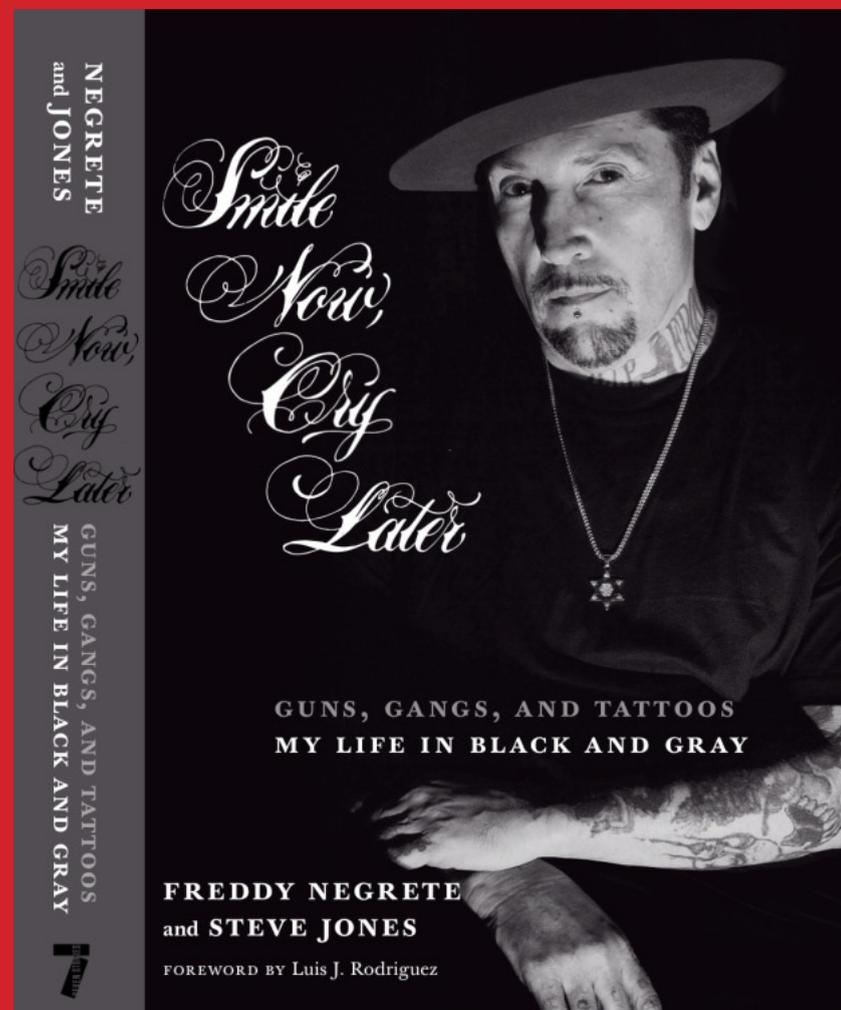
Many years later, I was on the PBA pro bowling tour, and we traveled to a new city every week. The top five players would compete on television on ABC Wide World of Sports, which televised on Saturday at 3:30 pm.

My weakness was drinking rum and coke when I was in the semi-final. I deceived myself by stating that the rum and coke helped me loosen up and bowl better.

Unfortunately, the opposite was true. By drinking I was completely sabotaging the opportunity to bowl in the finals and compete on television.

Con't Page 22

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DENIAL

Denial of addiction can be a real phenomenon. My denial started to dissipate on April 25, 1988. On that day I entered a drug and alcohol treatment center. I have been clean and sober from drugs and alcohol ever since then. I have been sober and a member of Alcoholics Anonymous for 30 years. However, my first drug of choice was not booze or drugs. It was food. Growing up as a scared, insecure, misfit child back in Wilkes-Barre, Pennsylvania, I was not allowed as a six year old child to smoke weed, or chug beer to take the edge off. Thus, at a very early age I turned to food to medicate myself. I ate food compulsively and addictively to escape from feelings and fears. It took me many decades of bingeing on junk food – primarily white sugar and white flour, before the denial of my disease and addiction finally began to dissipate.

Suffice to say, I had a blighted childhood. I grew up in a quintessentially dysfunctional alcoholic family. I turned to food to ease my mental pain. In seventh grade I started smoking cigarettes and dabbling with alcohol. During the summer between ninth and tenth grade I went pro – embarking on the career path of a professional alcoholic and drug addict. In the midst of my foray into “Better Living Through Chemistry”, I also continued to indulge in my compulsive binge eating. My life gradually became a cesspool of substance abuse and avoidance of reality.

From age 16 to age 25 I was a full-fledged alcoholic and drug addict. My life spiraled down the crapper. God, in His infinite wisdom, allowed cocaine to rule my life from age 22 until my bottom. My life was a total disaster. I quit my job! I found myself isolating and using around the clock. In a moment of clarity, I admitted that I had a problem. On April 25, 1988 I checked into a drug and alcohol rehab. I have been clean and sober ever since. Thank you, God.

I became involved, almost instantly, in the AA 12 Step Program. I went to meetings, got a sponsor, began working the steps, immersed myself in the Big Book, did service work, and lived a much better life. I went back to school and ended up getting a BS in Business Administration. Much of my life was better, but I was still eating food addictively and compulsively.

The floodgates of my addictive eating opened up for me in June of 1990. I was smoking a pack and a half of Kools every day. One day, I quit smoking cold turkey. Immediately, my binge compulsive eating exploded. In a matter of months, I ballooned up to 308 pounds. I could not stop pigging out. I tried different things, and dabbled with diets and OA, but I could not find recovery from bingeing.

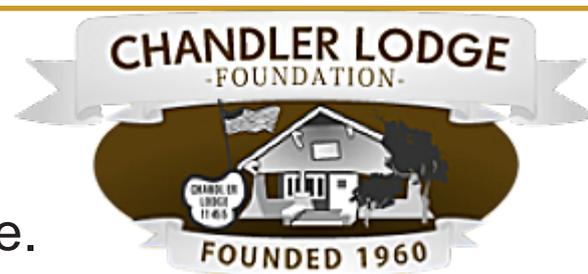
I moved to California in 1996. I found my first recovery from food in late July of 1997. I went to my first CEA-HOW meeting! I was struck abstinent. I lost 95 pounds in 5 months, stopped eating sugar and flour, ate three weighed and measured meals per day, and my life became bliss!

I stayed abstinent for 26 months, and then my bloated ego told me that I could once again eat normally like a gentleman. I started bingeing again in September of 1999 and could not stop. I packed on 50 pounds quickly. This started a lost decade for me, where I was in and out of the program, and I gained and lost hundreds of pounds. I lived a life of quite desperation.

On January 11th, 2010, I went to a CEA-HOW meeting, and was struck abstinent once again. I have been abstinent from compulsive eating ever since. I lost 73 pounds in five months and have kept it off ever since. I have a Power Greater than myself, work the tools of the Program, and I have serenity out the wazoo. The Program truly works! I have immense gratitude for Compulsive Eaters Anonymous. It has saved my sorry ass from a lifetime of gluttony and negativity. Today, I'm finally happy, joyous and free. One day at a time, I stay sober & abstinent, and I lead the wonderful life that God has given me to live. Thy Will Be Done!

Submitted and written by Ward. W.

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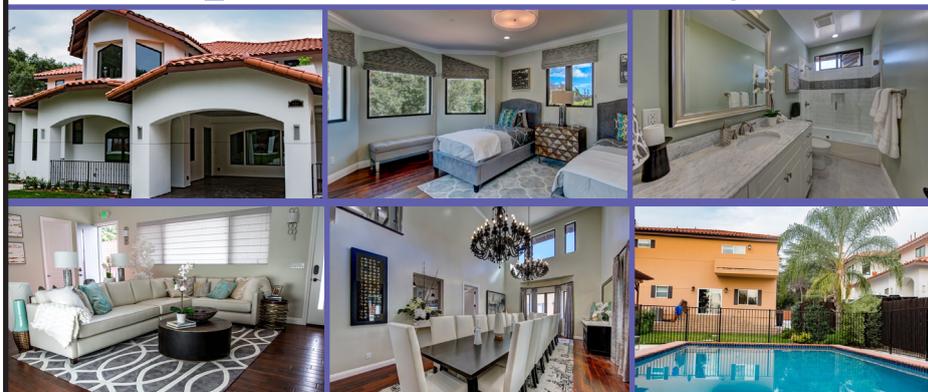
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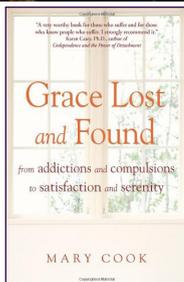
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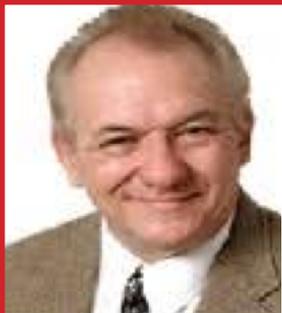
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by: Patrick O'Neil

PARDON ME

Wednesday was like any other day, that is if your day consisted of running late to work, scrambling for a parking place, five back to back meetings with difficult clients, and a horribly contrived staff meeting that went on for entirely too long. By four o'clock I'd just about had it, and if I wasn't in recovery I too would have been traipsing out with the rest of humanity, and hitting a bar for happy hour for that "over the hump" day celebratory cocktail, or twenty.

However these days I'm not only in recovery but I work part time in a rehab, so I don't even have "normie" co-workers to tempt me (not that I'm easily tempted, but you know what I mean). Instead I just packed up my meager belongings and set out to walk the three blocks to retrieve my car. When I got to where I was sure I had parked, there was another car in that spot. Unfortunately where I work is located in a highly populated neighborhood in Los Angeles, and finding parking can be somewhat of an ordeal, even when I'm not running late. There have been a few times that I've left work not quite sure where my car was, and had to search the surrounding area until I remembered.

Yet this time I was positive that this was not the case, and after a few strolls around several adjacent blocks. I came to the conclusion that my car had either been stolen, or towed. The latter being the more probable as my car is not new, or even that desirable. But even with this knowledge, what was I to do? It's not like I'm versed in either situation, and after a few minutes of stress bordering on a panic attack, I pulled out my phone and called the number listed on the numerous and confusing city parking signs posted throughout the neighborhood.

"West Hollywood sheriff's department..."

"Yes, I'm wondering if my car's been towed?"

The helpful, yet somewhat surly peace officer that had answered the phone gave me a number for the "parking enforcement" department. Next I called them, where an equally surly voice said yes they had towed my car, although this person wasn't sure exactly why, but that I needed to call the tow yard. Which I did.

"Why did you tow my car?" I demanded.

"It was in a tow away zone."

Standing on the block where my car had been parked I looked down a long row of parked cars that obviously hadn't been towed, and then glanced up at the parking sign. There was nothing on there about this being a tow away zone, and then it started to rain.

"You coming in to get your car?"

An overwhelming rage erupted in my soul and I wished for days gone by where I could slam the phone down for that satisfyingly abrupt disconnect, instead I mumbled "Yes," and stumbled toward a busy intersection while fumbling with my Uber app. It was now rush hour, and raining, which in L.A. is close to Armageddon, and traffic was at a standstill—plus the Uber app told me it was now into "surge fare" at three times the normal rate, making Uber no cheaper than a regular taxi—this day was just getting better and better.

Somewhat defeated I stood at the bus stop, and waited. When the bus finally arrived I boarded and made my way to the back where there was only one of those uncomfortable aisle seats available. Soaking wet I sat there feeling overwhelmed and depressed. I really didn't have the money for whatever the tow and traffic ticket was going to cost, which caused me to mentally calculate how close I was to being destitute, and all my fears around financial matters rose to the surface, and then my phone rang.

The area code indicated that it was a Sacramento, California number, and I don't really know anyone in Sacramento, but what the hell, my day couldn't get that much worse, and so I answered it a bit abruptly, "What?"

"Hi, is this Patrick O'Neil?"

"Yes?"

"This is the Office of Governor Jerry Brown, we're calling to let you know you've been pardoned."

Suddenly an overwhelming warmth erupted in my soul and I felt incredibly calm. For once I was at a loss for words as my eyes misted over and a tear ran down my cheek. Looking up I notice a tough as hell cholo staring at me from across the aisle, when our gazes intersected he diverted his eyes. Crying on the bus was probably not acceptable behavior in his world nor was it in my former world either.

Twenty years ago I made the bad life changing decision to commit numerous armed bank robberies to support my heroin habit. At the time I was about as mentally low as I could go: strung-out, desperate, in fear, self centered, and deranged. I saw no way out from where my addiction had taken me, and decided that my life was over and whatever I did, didn't matter as life just wasn't worth living.

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The Hope Interviews

by: Steve Jones



A LATE START

Ahbra Schiff is a sober member of AA. She works for *Writers in Treatment* and is Production Manager of the *REEL Recovery Film Festival*, Director of Operations and Outreach for the *Experience, Strength and Hope Awards* and Assistant Editor of the *Addiction/Recovery eBulletin*.

Addiction kicked off for you when you were a mother of three, in your 40's. Can you talk about how it all started with recreational drug use?

I was married and we started hanging out with a fast crowd. Going to hip restaurants and clubs. I really avoided cocaine for a long time. It was peer pressure. We were in a group of extremely wealthy people. There were always a lot of very young women that I felt very uncomfortable around. I was self-conscious, twice their age, so I started using to feel sexier, to be more outgoing and feel more comfortable with myself. A lot of my life has been consumed with the idea that if I'm thin then everything is going to be perfect and, eventually, not only did I feel thinner but I got thinner. It's a great weight loss plan—drugs. My initial reaction to coke wasn't, *Oh my God I have to do more*. My reaction was, *Okay, this is good, this feels great*, but the comedown wasn't pleasant. I remember sometimes feeling suicidal, and then realizing, *Oh, that's not me—this is the drugs*.

At what point did you feel that your drug and alcohol use was becoming compulsive?

There were different points. One of the things that really spun me out was when we stayed up all night before our daughter's high school graduation. There was a Judaic aspect to the graduation, it's a beautiful ceremony. We asked our dealer, "What are we going to do?" I couldn't do any more coke, it just wasn't possible. We wound up smoking crystal meth during, before and after the ceremony. That really flipped a switch in my brain. It made me think that I could use meth to stay awake whenever I needed to, but it also sent me into a tailspin of total shame. I also found myself saving coke from our night of binges. Initially, if we had extra coke from the night before I'd throw it out so we couldn't do anymore, but now I was sneaking off and saving it—for myself.

Did you fall into the vicious circle of feeling guilt and shame because of your drug/alcohol use, and then taking more drugs/alcohol to suppress the guilt and shame?

Absolutely. I would wake up in the morning and would be so devastated by how I felt about myself. I would just open the freezer, swig down vodka, cry and take my daughter to school. And things happened in-between, things that were extremely traumatic. I was on high alert. That had an effect on my body, all that cortisol running through it—constantly. I felt like I was under siege.

When did everything come crashing down for you?

After coming back from a trip to Australia, in January 2014, I went on a one month binge—smoking crack. It made me *completely* insane so I went into detox, for five days. I then stopped using but started drinking heavily and found AA, and a sponsor in August. In May, 2015 I started using again—mainly crystal meth—and, one night, my husband found the [meth] pipe. We argued, I left the house and I ended up in Inglewood (where the bigger drug dealer was), then finished up in a hotel room in Calabasas. That morning I looked around the room. There were so many drugs I thought, *If I stay here I am going to kill myself*. I called my older daughter and said, "Please stay on the phone with me." I was driven to Tarzana treatment center and my daughter did an intake with me—she knew every single drug I had taken. My older daughter had flown in from Washington D.C. and my son had been driving to Tulane, where he was going to start medical school. He also flew back—I didn't stay sober.

Can you talk about that trajectory: being exposed to the principles of AA, then going out using again and then, finally, embracing sobriety?

The first time I went to an AA meeting was in detox. I loved listening to people's stories but we didn't talk solutions or principals. For me it was the comradery. When I got out of detox and started going to meetings on my own I thought, *It's the drugs, I don't have a problem with alcohol*. I spent eight months trying to manage and control my using until I got drunk one night, and got into a major fight with my ex-husband. A few days after that I blacked out in front of my older daughter. It was quite apparent that I needed to go back to AA but I still wasn't both-feet-in. I relapsed and when I came back I just wanted to live, to be there for my kids. They didn't trust me very much but I felt I needed to be there for them.

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What had changed? From your first exposure to AA in 2014 to the first day of your long term sobriety, in December 2015?

I met people I felt a connection to and saw people who were setting a good example. I was fortunate to meet my sponsor. She changed my life. When I was in AA in 2014 I had a very hard time with the higher power. As time went by I looked at the fact that I was still alive, despite the situations I had put myself in, and the idea of turning things over—when I was obsessing over people—and I would feel a tiny bit better. Initially, for me, God was way out there and He certainly wasn't within me. I just felt like the most horrible person. I was so utterly filled with shame. I am no longer and if anyone would have told me that two years ago, I would have told them that they were crazy. I have a personal relationship with God, but I try and go beyond that and see myself as part of the Whole, to seek Oneness with God and His children, rather than focusing on myself as separate and apart.

When you look back at the situations that your active addiction propelled you into, what terrifies you the most when you contemplate how much worse things could have gotten?

I could be dead, have lost my kids or have a chronic illness. Certainly, with the drugs I used and the stress I was under, I could have had a psychotic break. I was doing a panel, on a regular basis, in a lock-down psychiatric facility, and I would look across the table and think about how easily I could be sitting on the other side. My life could have gone very sideways but it has been repaired by sobriety; by working the twelve steps; living a life of service and continuous dedication to the principles of AA; and a working faith and reliance upon God.

When you look at your life now, not only being in recovery but also working for a recovery-related organization, what are you grateful for, today?

I am grateful every day that my children are healthy, happy, well-adjusted and that I get to be in their lives—to be there for them, and their friends. I don't take things for granted anymore. I'm grateful I get to work around people in recovery. It's really a blessing to have different experiences, to be involved with the film festival, and that my worth isn't solely based around my looks. It was so based on the exterior before, and now it comes from my inside.

Ahbra is credited with co-producing her three amazing children, Joshua 26, Jordyn 23 and Ellie, 16. Her children are the light and love of her life.

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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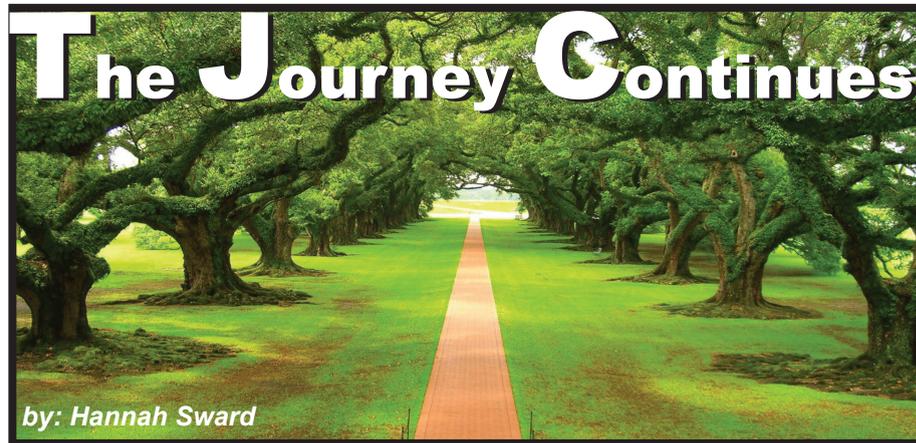
Nathaniel V. Dust



Amy Dresner



Sean Paul Mahoney



by: Hannah Sward

BATHROOMS, RITE-AID AND LEFT TURNS

Making New Memories in Sobriety. There's not many areas of Los Angeles that don't bring back memories of meeting some dealer, snorting lines off the metal toilet dispenser in a gas station restroom, or feeling seized with an urge to drink in the middle of picking out tomatoes at Whole Foods, and sneaking into the bathroom with a bottle of wine.

When I first got sober these memories haunted me. There were some streets where dealers lived that I avoided all together. Or entire areas like Culver City, where I'd spent endless nights in some garage waiting for a delivery with guys named Turtle and Casper, while they played pinball and darts in between hitting the pipe and blowing smoke into the face of some stray, hungry cat.

Seven and a half sober years later, I've had the opportunity to create new memories all over LA. It doesn't mean the old ones are gone. And it's probably a good thing that they aren't. They help me to remember so clearly what it was like. They keep me in 'gratitude' that I am not there anymore, and help me to remain 'willing'.

I remember the first time I went to the Rite Aid on Sunset Boulevard. The 'sketchy' one. I had avoided going there since I had gotten sober. I had spent too many tweaked out hours there fixating on thumbtacks at 3am, and locking myself in the bathroom to get high, and picking my face for hours in the warped mirror unable to stop.

When I had about a year of sobriety, I was working at a rehab in Laurel Canyon, and had to bring the residents there.

"Can I bring them to another one?" I asked my supervisor.

It wasn't an option. It was painful. I didn't want to go back and be reminded of my past. But that day with the residents I did. I walked into that Rite Aid with ten people in rehab, who were trying to get sober and I was in charge. I was trusted to bring them there and take them to a meeting afterwards. As I stood in the Wet N' Wild section helping a resident not stress out about choosing a lipstick color after having guided her out of the liquor aisle, tears formed in my eyes. Here I was, in Rite Aid, sober. How different, what a miracle it was that I was no longer that woman locked in the bathroom, hating myself and seeing no way out.

Korea Town was another place that held painful memories of my drinking and using days. For a few years I worked at a Law School there. It ended up being the part of town where I first became secretary of a meeting. I have kept that commitment for seven years. Every Thursday, after the meeting, I meet a sponsee at a Starbucks nearby where of course, I've been before to use their 'restroom'. Only now, I go there to do step work with a young woman and to drink mint tea. And when I use the restroom there, it isn't to drink or get high.

Some places I continued to avoid until some unexpected moment. Like the first time I spoke on an H & I panel. It was on a July 4th weekend. I remember the date, because holidays were never a good time to trek out from Echo Park to Venice for a drug run. There were too many cops out. I think my Taurus station wagon that looked like a soccer mom car, kept me from being pulled over.

The day I was headed to speak on the panel I wasn't really thinking of the address. I just followed Siri's directions. It wasn't until she said, "Exit Lincoln Boulevard" that it hit me. This was the area where my old red headed dealer, Shelly lived. I could see her clearly with her owl eyes and leopard printed clothes, bungalow scattered with dime sized skull baggies, weighing scales and glass pipes. I tried to push the images away.

"Take a left on Pico Boulevard," Siri said.

I'll never forget that moment when she said 'left'. It was so profound to me that here I was, with a year sober at the time, on my way to speak about sobriety. All I could think was how at the same time the previous year I wasn't taking a left. I was taking a right to Shelly's place. Part of me wanted to see if she still lived there, if her black truck was parked out front, but I didn't, I followed Siri's instructions and took a left.

"You have arrived at your destination."

Claire Foundation. If someone had told me a year earlier I'd be taking a different turn, that I'd be sober and speaking on a panel I would not have believed it. Not an addict like me.

Hannah Sward's work has been widely published in literary journals in the US, Canada and the UK. Her most recent work can be read at YourTango.com, Erotic Review, Porter Gulch Review 2017, Vagabonds: Anthology of The Mad Ones 2016, Alimentum, Rozyln: Anthology of Women Writers 2015 and, Word Riot. She is a contributor at TheFix.com and has written a collection of linking short stories, Queenie Goes to Bosnia and Other Stories and a memoir, Strip.





OUR EARTH TRIBE

We recently attended a yoga festival in the desert of Joshua Tree and had an amazing experience. What it gave us was a sense of community, being connected to a tribe of people who share the common purpose of healing the mind, body, and spirit. We took our kids and hit the road on our first adventure living in our converted bus. It was an exciting weekend. Just the drive alone was an adventure. Our house on wheels, everything rattling and shaking. Our kids bouncing with excitement. Living in our bus is definitely a story for another time as it has provided us with much joy and many challenges. Stay tuned for that.

One of the most profound moments of the weekend was during a panel discussion with Deepak Chopra. He was elaborating on the newest scientific discovery of epigenetics and the impact of our family lineage on our personality and behaviors. He was discussing a study conducted on three generations of mice. The scientists took a mouse and caused an originating traumatic event around the smell of a certain flower. Then they bore a male offspring, the son, and exposed him to the flower and watched him have the same reaction as his father. Then they birthed a third generation mouse the "grandson" and noticed the same traumatic reaction to the smell of the flower. What this study pointed to was that epigenetics is the storage unit of our collective family experience that seems to impact at least three generations in mice. Mice share over 95 percent of our DNA, which most likely means the same is true in us humans.

Deepak, from his Indian heritage and relating to a crowd of yoga enthusiasts, linked the concept of karma to this study. He pointed out that karma is our souls journey through lifetimes of learning certain lessons and we must be carrying those lessons in our epigenetic coding. As he was sharing we couldn't help but to notice that Deepak represents the perfect example of what our world is experiencing, science and ancient wisdom aligning. He is a medical doctor and an eastern Sage in one.

It had us thinking more deeply about the word tribe. An Earth Tribe, this unique time on planet Earth that is connecting all things together. Consider all the ways we are becoming blended. Our countries with various cultures. Our families with blended ethnicities (our own marriage of Latino descent and Irish descent). The internet and social media. Science and spirituality. It made us imagine our Earth Tribe in a hundred years and what that would look like. If we all deeply accepted that we are carrying epigenetic coding (trauma) from our ancestors and we each were committed to transforming the residue of their pain in our lives than maybe we wouldn't be harming ourselves or others so much and maybe we would fix the systems in our world that are not supporting our collective Earth Tribe.

Rudy's first sponsor 25 years ago would always repeat what his sponsor said, "in a hundred years from now we will all be new people." I always had a hard time understanding what he meant. What I finally realized what he was saying is that it's not worth worrying about most things in life. Don't take things so serious. Today it has a different meaning. With an epigenetic outlook, it's more like, "in a hundred years from now, same trauma different people. If we want to truly change the world, change our family lineage and create a healthy world for our kids then we should look at how the trauma we carry has been passed on to us. It's an endless cycle of repeating trauma that is passed from generation to generation. In order to break the cycle we must bring the highest level of awareness to transform what was handed to us. If everyone understood and accepted the reality of how epigenetics impacts our collective world and takes personal responsibility for our own trauma that was passed on to us then we have a greater shot at creating a beautiful Earth Tribe that we all crave to live in.

We ask the next time you are confronted and triggered by something or someone, you take a deep breath, and say to yourself that most likely this fear is a trauma that may have been passed on to me. Have compassion for your family history and take on the role of being the steward of transformation and bless the trigger! We send you patience and love as we know the challenge it takes. Blessings to you!

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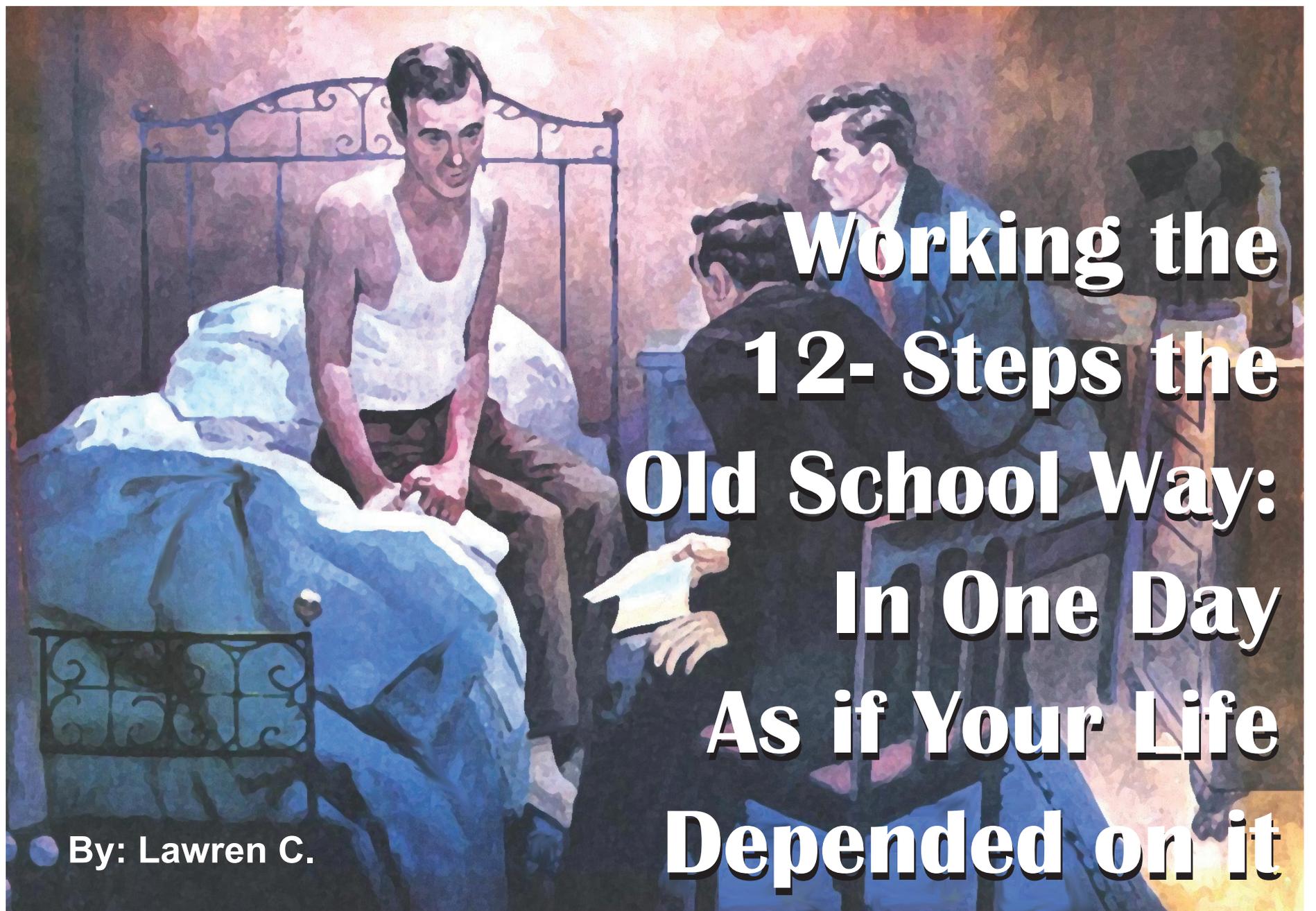
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Working the 12- Steps the Old School Way: In One Day As if Your Life Depended on it

● By: Lawren C.

Editors Note: This article is about a workshop that was attended by a member, and the format they used to work the steps in one day. There are many opinions on how quickly the steps should be worked "sometimes quickly - sometimes slowly". Some people think you need to go through the steps each year, some think once is enough.

I think the one thing we can all agree on is 'the Steps work - when you work the Steps'.

I was at a meeting where the meeting's speaker, Loren N. shared his experience strength and hope. He spoke about a twelve-step workshop in which all twelve steps are done in one day. That is the old Old school way, just like the founders of Alcoholics Anonymous! I'd never worked the steps in one day. The first time I officially started the steps was in 1993. I had ten months of sobriety and I joined a twelve-step workshop. A group of approximately fourteen of us read the Big Book, and shared our experience, strength and hope while we took the steps together. The workshop lasted for months. The experience was powerful. I gained recovery and some of the deepest and lasting friendships amongst my fellows that continue today. As they say, there is nothing like your first time.

The one-day workshop sounded like a cram session in serenity, perhaps a good way to brush up on the steps. It had been a while since I'd worked the steps; at the very least it would be efficient. I love efficiency - I was in!

The day of the workshop, I arrived bright and early. The room in which the workshop was held was located on the second floor. When I entered the room I noticed round tables with chairs on one side of the room, and directly across from them were rectangular tables with chairs, sheets of paper and pens

neatly placed on the table in front of each of the chairs like place settings. The set up felt formal, confrontational even. I, naturally gravitated toward the soothing, round table arrangement. Unfortunately those tables were for the "recovered" fellows, the step takers were redirected to sit at the rectangle tables, which reminded me of the losing side of a firing squad.

As the workshop began, we were instructed to take the papers in front of us and fold them, creating two columns. We were to write "Character Defects" at the top of the first column, and "Assets" at the top of the second column. We were then told to write down our character defects as we listened to selections read from Alcoholics Anonymous (the Big Book), and heard our fellows share their stories. I have to admit that I felt some resistance to following these directions. After all, I had never done the steps this way before. Later, I'd find out that I was not the only one feeling some resistance that day. Although I felt resistance, I decided to surrender, follow directions and trust the process.

As the first hour went by, we listened and wrote. At times when fellows on the recovered side of the room called out, during a certain part of the story they felt applied to us. "Have you ever lied or cheated? Well then write it down! And if you didn't write it down, write it down twice cause you just lied!" The main facilitator, Loren N. read portions of the Big Book referring to "recovered" alcoholics, as he did so he called out to the facilitators: "What kind of alcoholics?" to which they responded: "Recovered alcoholics!" This was done several times at the beginning so it was obvious a point was being made that they were "recovered alcoholics" because they had taken the Twelve Steps. I thought, *this is different, what does that mean? Aren't we recovering?*

Before we took the steps that day we had to qualify to be there. This was not the kind of qualify where you prove that you should have a seat in the room because you drank a lot and did a lot of drugs, but qualify like the AA founders qualified people who claimed they would do anything to be free of alcohol. Our qualification process unfolded as follows. There were about 10 people taking the steps that day. As I sat, second from my end of the table, I had to crane my neck to see the person at the other end. The woman at that end of the table was asked to stand, identify herself and her disease. and tell the room why she was there. Her program was Alanon. She then explained that her qualifier, her husband died only three weeks earlier in an accident related to the disease. The air in the room took on a palpable tension. Was she here of her own free will? Yes. Was she willing to do anything to recover? Yes. The only other thing I remember about her was that she said she had children, and wanted to raise them free of the disease. I have a daughter - *me too*, I thought. Would she come back and carry the message? Yes, of course she would. She qualified! I fought back tears. Other's let them flow. My heart ached for her, for all of us in and out of the rooms.

Loren N. continued down the row questioning the step takers, 15 days, 6 months, 2 years. Alcoholics, Alanons and addicts. Other members on the facilitating side joined in the questioning. "What other drugs did you do? You're in Alanon; do you drink too? How much?" As my turn came closer, I grew anxious. When it was my turn to qualify I explained that my programs were Marijuana Anonymous and Debtor's Anonymous. I said that I had been sober for 22 years, but I had been active in Debtors Anonymous since only 2006.

I remember lot's of questions surrounding cross addiction, willingness, humility and my responses, explanations, defensiveness and as much as I hate to admit it, some whining. I felt like my ego bandage had been ripped off leaving me raw and willing to do anything to recover. I was shaken and humbled. I qualified.

At 22, I had the most time of the step takers that day. The fellow who was questioned last had eight years of sobriety. I remember eight years of sobriety. At 8, I had not yet surrendered to being in the rooms. I resented the fact that I was not "normal" and that I wasn't "cured." The fellow on my right repeatedly questioned the direction being given, as well as the process. He became angry at the questions being asked during the qualification process. He left angrily and without qualifying. Again, the air in the room was thick with tension. Again, I could relate, and again I said a silent prayer for the addicts who still suffered in and out of these rooms.

Soon after the qualification process was concluded, we commenced the steps with more readings and shares from the recovered fellows. We were then asked to stand at the table to take the first, and then the second step one at a time. Each time, my turn came, I made sure that I repeated the words exactly as they were suggested, only changing them to include my name and disease. I was committed to taking direction. I would remain humble. I would not deviate from the script thereby claiming that I was special or unique.

When it was time for us step takers to take step three, a recovered fellow came out from the round tables and selected one of the step takers to join him in the Third Step Prayer. Standing directly in front of our table, they got down on their knees. The recovered fellow embraced the step taker, booming out the Third Step Prayer as the step taker repeated it. While this was happening, other recovered fellows rose from their chairs and began selecting step takers. Each couplet followed the one before getting on their knees, embracing the recovered fellow, leading the step taker in the 3rd step prayer.

I will try to relate to you the God consciousness I experienced at that moment. As my recovered sister held me and I repeated the words of the Third Step Prayer, I could literally feel an indescribable depth of emotion at the import of the occasion, as I made the decision to turn my will and life over to God. The Spirit worked through me, and even if I had tried, I could not have stopped myself from weeping. I did not cry from sadness, or because I was so happy. I cried because I was so profoundly moved by the experience, my tears just fell. Turning my life over to my Higher Power, fully, genuinely turning my life over was a powerful thing.

At this point, we all needed to pause so that we could go on to do the fearless and searching inventory required by the 4th step. Once I had written most of my

Fourth Step, I could see that there were less people, places and things on my resentment list than in the past. The step takers were encouraged to be thorough. So, when I took a moment to be really honest, I considered that there were past wrongs I continued to talk about whenever a certain person's name came up. Was I really over that resentment? If so, wouldn't that person's name fail to invoke any negative remark? Wasn't my failure to let go of that old resentment the reason I had to bring up how I had been wronged? Each time I gossiped, I was renewing the pain of the past, and preventing my own spiritual healing and evolution. I would write down anything I just might be holding onto even if I wasn't entirely sure.

When it was time to take the Fifth Step, again each recovered fellow was paired with a step taker. The woman who I was paired with that day was an Alanon woman. As she told her story earlier that day, I thought how much I related to her, how in many ways she was telling my story even though we were literally on opposite sides of the table. I gave her my resentment list and she shared more of her experience, strength and hope as she related easily to my experience. Even though I had never seen her before that day, I truly felt the sisterhood of one "alcoholic" helping another.

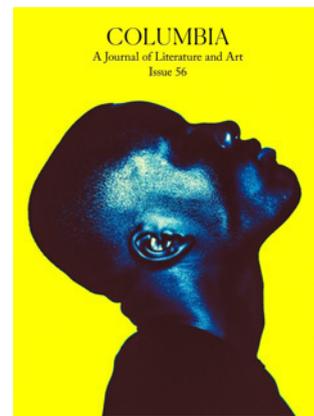
My Alanon sister then took me through the Sixth and Seventh Steps. After all I'd experienced that day, I really believed God could and would remove my character defects in that moment. Having had the profound experience of turning my will and my life over to God only hours earlier, how could I not believe in such a miracle of God's power and love being so great, that he could remove my character defects, resentments and fears from me in an instant. I was willing to believe just that, and as we read the Seventh Step Prayer aloud, I crossed out all of my character defects and wrongs listed on the page and truly believed that God could take them from me at that moment. I felt a great weight lifted and I knew they were gone.

Aside from listing those we had harmed and needed to make an amends to, our step work was completed for the day. As alcoholics, our work would be completely done once we took the Twelfth step and tried to carry the message to our fellows. It was explained to us that day that once having taken the steps, the alcoholic is recovered from a hopeless state of mind and body. One need only take the steps once. Those who have recovered, maintain their recovery through a daily inventory of the Tenth Step, a God consciousness through the Eleventh Step and carrying the message through the Twelfth Step. Through the grace of God and the founders of Alcoholics Anonymous, I am recovered.

By Lawren C. If you want to sign up for the One Day Twelve Step Workshop or read an interview with Loren N. you can contact Lawren C. at myserenitycoach.com.

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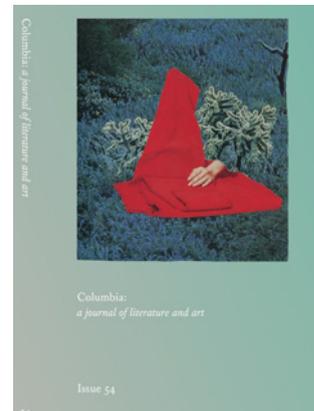


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by: Jenni

THANKS FOR TELLING ME I HAVE CANCER

"Thanks for telling me I have cancer," Amy texted me several days ago.

We had connected for over a month about the very real truth that she needed to go to treatment. She didn't have cancer though. Amy needed help for an eating disorder, yet, like many, including myself for a long time, she had plenty of excuses for why she couldn't follow her treatment team's recommendation. The biggest one, understandable to any single parent: "There is no one to take care of my kids."

Several weeks ago, I had asked her what would happen if she had cancer and her doctor urged her to admit to the hospital immediately.

Would she quickly go? Would she stay as long as necessary to save her life? Would someone, somehow, take care of her children?

Yes, yes, and yes, she answered. So, I said, "You have cancer."

Anorexia nervosa has the highest mortality rate of any psychiatric illness. Tragically, just like many with cancer, people with all types of eating disorders can die. Eating disorders are serious illnesses that deserve the same attention as physical ones.

A couple of days later, talking with Casey on the phone, I asked, "If you had a brain tumor, would you get medical help as soon as possible?"

Casey didn't have a brain tumor or an eating disorder, but he did have another serious and life-threatening illness, posttraumatic stress disorder, PTSD. He answered me, "Yes."

"You have a brain tumor," I told him. PTSD does indeed alter the brain. Among other changes visible in scans, the hypothalamus, which is relevant to processing memories, can shrink considerably in people with PTSD. Many clinicians even refer to the illness as a brain injury. In fact, some in the military have fought to change the name PTSD to PTSI, posttraumatic stress injury. There is no Purple Heart for PTSD, yet PTSD is as real as a shrapnel wound.

Mental illness is not "just in our head," but it is rather literally in our head. Just as with PTSD, scans reveal many changes in the brains of people with eating disorders. When it comes to anorexia nervosa, the entire brain can shrink. Remember that the brain is an organ in the body. Thinking about mental illness in this way sure does blur that line we like to draw between what is "physical" versus "mental." Researchers are continually finding more and more biological markers—physical ones—for mental illnesses.

Amy and Casey require treatment in order to heal their brains. Treatment, in fact, rewires the brain. Unlike Amy, Casey isn't ready to commit to getting help right now. Although he did admit that if he had cancer, he would have checked into a hospital a long time ago. With PTSD recovery, Casey still believes, "I can do it on my own."

It is much less common for a person with a serious physical illness to refuse all medical help and say something like, "I've got it covered." Yet, this happens all of the time in the world of mental health. I know firsthand, because I said the same thing in regard to my eating disorder as well as PTSD. To get better, I ultimately sought professional help for both.

Life-threatening illnesses require all of the support that can be mustered. I opened up about my problems to loved ones. This wasn't easy, and, in the beginning, with my eating disorder, I refused to do it. It helped me a lot when my mom, who I had finally told about my struggles, said, "If you had cancer, we would tell your brothers. We would need all of the love, support, and prayers that we can get. Your eating disorder is no different."

My mom emphasized that there is no shame in having a mental illness, just as there is no shame in having cancer. She is a cancer survivor; so is my dad. They sought the best care immediately, and they got better. I told my brothers. They didn't look down on me, nor blame me, but did whatever they could to support me.

Amy just sent me a text message about what she might tell her son's teacher regarding her absence during the first weeks of the new school year. Then, Amy remembered: if she had cancer, she would tell the truth. So, no shame, she told the teacher that she is in treatment for an eating disorder. With that, Amy gained one more person who can possibly offer support. My hope and belief is that Casey can reach this same kind of clarity.

When we acknowledge the wall before us and just how high it stands, together, we can conquer it.

Cancer is tall. An eating disorder is tall. PTSD is right there with them.

With support and treatment, we can grow higher. Amy is doing just that, right now. That's why she thanked me for telling her she had cancer.

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





GAMBLING RAMBLINGS OF RECOVERY & VALIDATION

Most regular folks can not begin to imagine the incredible opportunities that can come into our lives. For example a professional athlete has come unto my life and I'm writing a book with him. It has been a fantastic journey thus far to be privy to all good and evil memories shared with my co-writer in the pages of this book of memoirs. Just like myself, I loved dancing way back in the day, lol, and did compete loads as I was pretty good at it. I did not however, ever get to the level of a professional freestyle dancer. And that was ok. I knew what it took, all the grueling hours of practice and being creative enough to come up with "the next new dance moves", to help stand out from everyone else competing.

Not that I didn't want to put in the work, I sure did, but you ultimately want to get on a dance tour for a singer or band, and I was one not cut out for all the days and months of being on the road, or flying here and there. Hopefully, I can write his legacy to help others who suffer from addiction to discover that there is hope. I also get feelings of such "Gratitude" for all I am doing in my recovery life today. I can find my worth in all I do, primarily through my advocacy.

So, for sports pros and many other pros who have those attributes, ability and the fire to make it to the NFL or any pro sports venue, do they all have the same fire and drive? It got me thinking. How many blessings and opportunities have I received? Am I grateful for what recovery has brought my way? Do I feel validated?

Fast forward to today. Writing a book with a high profile person was never on my radar, or even on my "bucket list" of life! Funny how our 'Higher Power' shows us that He has control, not us. I have had some fear about doing a project like this. "Am I doing a professional job with such a writing project?" I am co-writing with a man who has had such a fantastic pro football career, I don't know a "lick" about the game. I hope I can do to justice to his past life, career, and his legacy."

I am hoping so. But time and readers will tell. If someone had asked me in my late twenties, if I ever thought I would find myself entangled in a gambling addiction for years, attempt suicide twice, and begin maintaining recovery and then become a published author and writer? Trust me; I would have laughed in their face. But here I am! And I am sure humbled and grateful.

There are times of "being in self" while in recovery that can be a good thing, and not a negative. While maintaining recovery, we need to let each other know we're important and appreciated, but to gain dominion over our feelings, we need to learn self-validation from the inside. What would it be like if you validated yourself, and didn't need it from anyone else? You would have dominion over your feelings, and it would prevent opinions by others from invalidating you. You'd be free just like we are now free of the bondage of addiction, and we can build on that.

See, Self-validation – is a life-long process, much like recovery and our experiences that teach us what we need to know about ourselves, good or bad ones. We become less critical; we gain more understanding and tolerance of our total self, and we free ourselves to be who we indeed are. We don't create a new person. We merely allow our true authentic 'Self' to emerge as we do the work of changing the "character defects."

So how does one learn self-validation with find the strength to maintain it? My dear friend Marilyn Fowler, author of the self-help book, "Silent Echoes" suggest some of these tips on how:

1. Assume the role of an observer, and think about how you feel about you. Sad, wounded, pretty good, could be better, disappointed, not worthy, etc. No judgment. Just observe and let it be. It's part of your recovery work.

2. You don't and won't like every feeling you have, but you do need to own all of your feelings. They're yours. They belong to you. And you can do whatever you want with them. Throw them in the trash, hang them on the wall, get a refund. Notice when you're feeling judgmental, then decide to be done with that feeling. Take judgment and criticism out of your life forever. Let go and let GOD.

3. Identify and list what you consider positive and negative about you. Decide what you want to keep and what you want to release. This is important when you maintain and need to move forward in your recovery.

4. Start being kind to yourself, and know YOU deserve it. Give yourself what you may have missed as a child, or from some of those roots to becoming addicted.

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OCTOBER 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.

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.

FRIDAY OCTOBER 19TH & SATURDAY OCTOBER 20TH 2018: 30TH VANCOUVER ROUNDUP VANCOUVER, British Columbia, Canada. Registration is \$30 per person. We're excited to be hosting some amazing speakers (Earl H., Alonzo B., Deb H.) who will be sharing their experience, strength and hope with us. 181 Roundhouse Mews, (Roundhouse Community Centre) Vancouver, BC, V6Z 2W3 For more information visit www.vanroundup.com OR contact vanroundup@gmail.com

THURSDAY NOVEMBER 1ST TO NOVEMBER 4, 2018: The 57th Annual Hawaii Convention. The Family Afterward. Hilton Hawaiian Village in Honolulu, HI. Mainland Speakers: Ben K. (Ladera Ranch, CA), Sharon B. (Los Angeles, CA), Nanea R. (Venice Beach, CA) Thursday Night Hawaii Speakers: Bonnie W. (Hilo), Kunane D. (Hau'ula) For More Information visit www.annualhawaiiiconvention.com.

FRIDAY NOVEMBER 9TH TO SUNDAY NOVEMBER 11TH 2018: 31ST ANNUAL INLAND EMPIRE CONVENTION, The Courage to Change. Inland Empire AA Convention with Al-Anon & Alateen Participation Double Tree (By Hilton), San Bernardino, California. This Convention is self-supporting. No group monies are used to pay for this event. The costs of this convention are met through Convention Registrations and Events. No baskets are passed. Attendance is voluntary, and as responsible AA members, 'We pay our own way.' for more information please visit www.ieaac.org.

THURSDAY NOVEMBER 22ND TO NOVEMBER 25 2018: Serenity in the Sun Convention; 37 Hosting Service Body: Palm Coast Area, Box 20984; West Palm Beach FL 33416-0984. Hilton Palm Beach Airport 150 Australian Avenue, West Palm Beach Florida. Event Registration: dorishj66@gmail.com. <http://webserver.vant@palmcoastna.org>.

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

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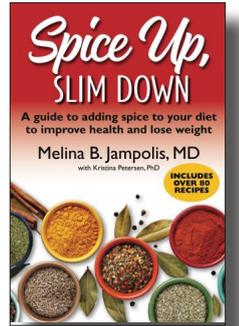
Book & Video Reviews

SPICE UP, SLIM DOWN, A guide to adding spice to your diet to improve health and lose weight. Written by Melina B Jampolis, MD and Kristina Peterson, PhD. Published by Wagging Tail Press.

This book is quite different; and is not a DIET book, it is a guide of adding spices to your diet (regular meals) to not only improve your health but also to help you lose weight. So many of us work so very hard to stay healthy and often, in hopes of losing some weight.

Melina explains in her book that some healthy behaviors aren't hard at all. In fact, they are downright easy. One of the simplest of all is adding delicious, health boosting spices to the foods you eat every day. In this book Melina provides an overview of the rich and fascinating history of spices along with the latest research surrounding spices extraordinary potential of head to toe health benefits. Plus the book explains the naturally slimming power of spices and offers simple tips to incorporate more spices into your diet along with over 80 delicious spice-filled recipes.

Celebrity diet doctor Melina Jampolis is passionate about using foods as medicine, so she created this practical guide to help you navigate the health benefits of some of the most common spices used. Since Dr. Melina Jampolis is not a chef, nor (per her) not even a very good cook, she enlisted the help of her high-profile friends, well known MDs, professional chefs, celebrity MDs, trainers, dietitians, actor, athletes, and many more, who created the more than 80 delicious recipes in this book. If you want to enjoy losing weight and you love to eat then get this book. Melina is donating 100% of the profits from the sale of this book to "Action Against Hunger", an organization dedicated to fighting childhood malnutrition around the world. A must read! Available at Amazon.com.



DYING FOR TRIPPLICATE: A True Story of Addiction, Survival & Recovery. Written and published by Todd A. Zalkins.

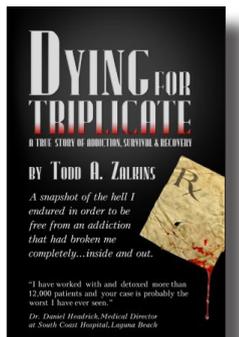
Todd expresses his experience, strength and hope from the very first paragraph, where I believe he was divinely placed at that exact time, to be in the position to help save the life of a pregnant women. We all need to be so honest and upfront, about our own addictive lives.

Growing up he basically didn't care about the consequences that his behavior caused, once he justified it in his mind. Idealizing his father, he would sneak sips of his father's beers as a young boy. Pushing the envelope to the limit was an integrated part of his psyche, which will later influence some of his uncontrollable ways that altered his adult life.

Todd writes about his addictions to Oxycontin, Norco, Vicodin, Fentanyl and Valium effortlessly when conveying the times that suicidal ideation and insanity incapacitated him. He unveils the intricate way addiction and daily life merges, at times giving the appearance of normality.

The words within this book have a way of capturing your attention, speaking to us with sincerity and empathy. He feels the burden that addiction weighs upon those that are afflicted. He tells of his highs and lows, triumphs and failures with self-compassion. He conveys that healing starts with forgiveness of self and others, that we all can find the path that leads to growth and recovery. I truly enjoyed the fluidity of his words making the contents so very compelling, and easy for the readers to relate to.

This book is a must read for all. I recommend "Dying for Triplicate" it is a in your face story of severe addictions, survival instincts and blessed recovery. Available at Amazon.com.



BOTTLED: A Mom's Guide to Early Recovery. Written by Dana Bowman. Published by Central Recovery Press.

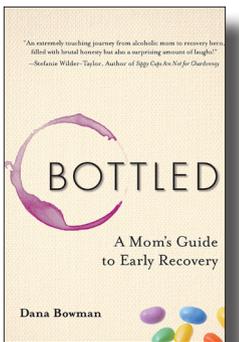
I give this book 5 stars. While reading this remarkable book, I was taken back to when I was a young mother in recovery with my precious little girl.

Dana recounts the horrors of addiction, with a more broadly acceptable approach. Experience being the best teacher, and necessity being the mother of all inventions, Dana adapted and became successful in her daily life.

Being there herself gives her incredible insight, and a workable plan to help those that are struggling with raising a family, balancing work while in recovery. The way Dana infuses humor with the day to day hardships of living life on life's terms, is uniquely equipped to truly educate and uplift her readers. The inspiring courage she exemplified is rewarding to one's own journey, giving hope and accessibility.

Dana imparts to us a strategy for accomplishing our goals, maintaining sobriety, and our family while keeping our humility intact. This is astonishing book that speaks to the heart, the culmination of her life's experiences gives a blueprint for success. I for one appreciate her candor, and the way she shows her inadequacies fearlessly.

I believe I would have been a more accomplished mother, early in my sobriety if I had the opportunity to have read a remarkable book such as this. Hindsight being 20/20 allows us to not have to worry about our past decisions, especially since we can't change them. I commend strong and courageous women such as the author of this phenomenal book, which is filled with years of wisdom, insight and positive perceptions. We applaud Dana's determination ending in triumph. Available at Amazon.com.



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



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1/2 Page - Horiz.	10" width x 6" height
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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
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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
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- Sober Livings
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- Therapist Office
- Universities
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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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Clutterers Anonymous: (866) 402-6685.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Pills Anonymous: (PA) www.pillsanonymous.com

Rageaholics Anonymous: www.rageaholicsanonymous.org

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

EMERGENCY HEALTH & MENTAL SERVICES

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

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

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

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

Fetal Alcohol Syndrome Information (626) 793-7350.

HHS The U.S. Dept. of Health & Human Services, www.dhhs.gov (877) 696-6775.

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

HARBOR RECUPERATIVE CARE (Mission Hills) Recuperative Care Shelter (818) 392-0020.

National Alliance on Mental Illness (NAMI) San Fernando Valley Chapter, Free www.nami.org (818) 994-6747.

National Runaway Switchboard (800) Runaway. San Fernando Valley Counseling Center, affordable mental health services (818) 341-1111.

FOOD AND FINANCIAL ASSISTANCE

Los Angeles County Department of Public Social Services, Info on General Relief, Aid to Families w/Dependent Children (AFDC), Food Stamps, MediCal and other forms for financial assistance, (800) 339-6993.

MEALS SERVED & SERVICES OFFERED:

Homeless Shelters listed most have food programs.

THE MIDNIGHT MISSION meals 3 times a day (213) 624-9258.

HOPE OF THE VALLEY (Van Nuys) - Victory Blvd. & Tyrone - Monday Thru Friday 12:15pm. call for more info (818) 392-0020.

SAN FERNANDO Valley Rescue Mission: (818)785-4476.

ANGEL HANZ FOR THE HOMELESS, INC. Vegan non-profit: Last Sunday of Each Month 1pm North Hollywood Park, 11455 Magnolia Blvd., North Hollywood, Food Served, Care Packs, Barber, Pet Food, Pet Groomer and a VET for the animals. For Info Call (818) 358-3663.

FOOD BANKS

APLA's Necessities of Life Program 7336 Bellaire Ave., N. Hollywood, CA. Thursday 10:30am to 4:pm, (213) 201-1600.

As You Are Church, 7855 Lindley Ave., Reseda, CA. Wednesdays & Fridays, call for hours, (818) 758-1700.

Catholic Charities/Guadalupe Community Center 21600 Hart St., Canoga Park, CA. Once a month, or on emergency basis. Food recipient must register (818) 340-2050.

Children's Hunger Fund 12820 Pierce St., Pacoima, CA (818) 899-5122.

Congregational Church of Chatsworth 20440 Lassen, Chatsworth, CA (818) 882-3474.

First United Methodist Church 18120 Satcoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135.

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

Los Angeles Food Bank (323) 234-3030.

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

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

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

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

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

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

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

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

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

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

INFORMATION & REFERRAL SERVICES

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

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

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

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

Sober Living Network (310) 396-5270.

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

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

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

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

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

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

CCPG California Council on Problem Gambling www.calprob-lemgambling.org (800) 522-4700.

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

Vital Services Resource Guide

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

DISABILITY SERVICES

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

HOMELESS SHELTERS & RELATED

At The Fountain Transitional Living (310) 631-1600.
Beyond Shelter: Homeless Services (562) 733-1147.
Casa Youth Shelter (562) 594-6825.
Centennial Place Permanent Housing (626) 403-4888.
Children of the Night (818) 908-4474 ext. 0.
Children's Hunger Fund (818) 899-5122.
City of Refuge Rescue Mission Personal Good Service (323) 759-2544.
Covenant House California (CHC) provides shelter and services for homeless, at-risk, & trafficked youth 18-24, 1325 N. Western Ave., Hollywood, CA 90027. (323) 461-3131. www.covenant-housecalifornia.org
Dimondale Adolescent (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



Surprise! Surprise! When I stopped drinking rum and coke, I started winning tournaments. I also attended AA meetings with a full commitment, and worked on addiction issues in my personal therapy and supervision. My sobriety date is July 19, 1978.

I also had severe bronchial asthma as a child, and the doctors told my parents that I probably would not live beyond 9 years of age. Today, I am 67 years young.

To be honest, I really don't like change. I want my roots to be firmly grounded. I also know that I have to be open to change in others, and myself for life to be exciting and meaningful.

In Rehab, many professional therapists become defensive when clients ask, "Doctor, what substance or behavior did you suffer with?" The real therapists are able to identify and share their addiction whether it is sex, substances, shopping, or alcohol.

Most important with the stages of change is making the assessment of whether you are ready to take action, and not just contemplate the addiction.

Here is an example of the stages of giving up cigarettes:

PRE-CONTEMPLATION. I enjoy every cigarette, others want me to stop. I don't.

CONTEMPLATION. "I'm thinking about maybe cutting down, but I'm not ready to cut down.

PREPARATION. I'm researching patches, medication, and therapy to stop smoking.

ACTION. I'm using the right medication patch, and I am actively working on this with my sponsor and my therapist. I am cutting down with the goal of stopping.

MAINTENANCE. I attend a group with members who have stopped smoking. I like to count the number of days I have not smoked. My general health feels much better.

Being a Type-2 Diabetic, I daily monitor my blood sugar and take my medication. I basically have a diet with no sugar and no salt. If my therapist sees a coke in my hand, he will physically knock it out of my hand.

My biggest problem was trying to change too much too fast. It is important to honor all changes. I also received the support of my family and started a rigorous exercise program.

I also had to identify my discouraging and negative thoughts:

1. "This will never work."
2. "Doing something different is too hard and anxiety provoking."
3. "This will be too stressful"
4. "What I'm doing is not that bad."
5. 'I've tried and failed before.'
6. 'This is my ninth rodeo. Nothing works.'
7. 'I am not an agent of change or change expert; I'm stuck.'

Recommended Reading: "13 Things Mentally Strong People Don't Do, by Amy Morin

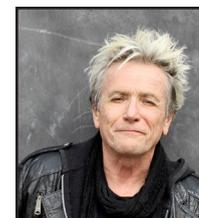
Dr. Weyand studied Community Clinical Psychology at the baccalaureate, and graduate level at CSUN where he graduated Magna Cum Laude. He then studied Counseling Psychology at the Doctorate level at USC. He is also a graduate of the Addiction Studies program at Pierce College. Dr. Weyand has 30+ years 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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Needless to say, I was eventually arrested, convicted, and sentenced to prison. Then one day, on the yard of San Quentin, I realized that unless I made some drastic changes, this would be my life, from now on. Upon my release I entered rehab, and started attending NA meetings. When I graduated from treatment I became a drug and alcohol counselor. Then I went back to school and got my Masters degree in creative writing. I wrote and published a memoir, began teaching college, and continued my involvement with my fellowship.

Without really thinking about it the days turned into months, the months into years, and my life continued to evolve into the most wonderful existence beyond anything that I could've dreamed of—except for the fact that my criminal record kept following me. A ton of teaching gigs and appointments to full professorship eluded me. I would apply for positions and the application always had that dreaded, "have you ever been arrested" box that needed checking—and when I did, I never heard back. I've also been denied other employment opportunities, apartments, volunteer positions, and bank loans.

Two years ago an amazingly generous pro-bono lawyer took on my case. After a mountain of paperwork, six months of waiting, and a court appearance I was granted a Certification of Rehabilitation by the State of California. Which automatically made me eligible to apply for a Governor's Pardon. "Automatically" meaning another mountain of paperwork and another year of nervously waiting—and then here I am on the one day in my life when I'm not feeling grateful for everything that has been so graciously given to me. Yet all of that changed with this phone call and none of my immediate problems seemed that important.

"Mister O'Neil?"

Jolted out my memories I preceded to tell the woman on the phone about what a bad day I'd been having, and how I was on a bus to get my car from the tow yard. She told me how sorry she was to hear that.

"You just made my day," I said.

"Is there anything else I can help you with?"

"I know this sounds cheesy, but would you give my best to Governor Brown?"

"Of course."

Since my first day in recovery I have never regretted making the commitment to change my life. I am eternally grateful for all that has been given to me, and in return I try to be of service to others, carry the message to addicts and alcoholics, and practice these principles in all my affairs. It has been a long journey, but worth it, and this pardon is another gift in a long line of gifts that confirms I am doing the right thing.

Patrick O'Neil is the author of the memoir *Gun, Needle, Spoon*. For the past 17 years he has lived and worked in the recovery community as a recovering addict/alcoholic, a drug and alcohol counselor, and a college instructor. He is currently a group facilitator and narrative therapist for the Cast Centers in West Hollywood, and lives in Downtown, Los Angeles with his wife Jennifer and two giant cats. For more information, please visit: www.patrick-oneil.com.



Begin giving yourself what you seek from others. Notice when you feel unhappy or stressed, and ask yourself what you need, and when possible provide it for yourself. Watch for success and praise yourself while growing within recovery.

5. Accept mistakes and shortcomings as part of your learning process, and forgive yourself, then every day, look in the mirror and say, "This is the me from my life with addiction and all. But now I am in recovery, and I am amazing."

As you move along, practice relating less to your human self and more to your Higher Self, the part that transcends human pain and knows the truth of who you are deep in your heart. Take back your dominion over how you feel, and let that higher Self-shine with love, peace, and serenity in your heart. You are "worthy" and will it help you "QUIT To Win" from gambling addiction!

Catherine is a former columnist for InRecovery Magazine, the author of her debut memoir, "Addicted To Dimes," a gambling recovery coach, and ghostwriter. She runs "Lyon Media Services" helping authors market their books throughout social media. Catherine advocates about gambling addiction and has shared her story on Addictionland.com, Facing Addiction.org and Heroes in Recovery.com. She is currently co-writing a memoir with former NFL pro-Vance Johnson, former Denver Bronco due out late Fall 2018. She resides in Arizona and So. Oregon.

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