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April 2019

KEYS TO RECOVERY — NEWSPAPER, INC. —

A Recovering Man's Journey Across America

By: Gabriel Cordell



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& Health**
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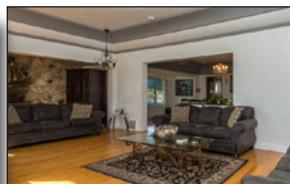
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Welcome to the April 2019 Issue of Keys to Recovery Newspaper.

Have you ever heard the saying: "Everything we go through can break us or makes us"? I truly understand that saying today. I have learned to take everything, good or bad, as a learning experience. I believe that our attitude during a time of challenge is as important as making it through the challenge. I stopped waiting for the big events to end, or to happen in order to be happy. How many times have we said "when this is over I will be okay", or "If I could pay off all my bills I would be happy", or perhaps "when I find the right person life will be good".

I made a decision to be happy right where I am. Right here, right now. To thrive and not just survive. These are not just words I use to make myself feel better, I use these words to keep from "breaking". I use these words to remind myself that where there is a beginning, there is a middle, and there is an end. If God brought you to it, He will bring you through it. When we are in middle of a storm it can be hard to stay centered. But the habits we build during rough seasons help us become stronger.

The most valuable habit I have is "Gratitude" (giving thanks to God). Being grateful every day has become a wonderful habit. I started to build this habit years ago by writing a "gratitude list" each and every day, no matter what. After awhile I would find myself doing a mental "gratitude list", when I woke up and when I went to sleep. I can say that today "gratitude" has become a part of my thinking, a part of the way I view life. When I say or write my gratitude list, I start by saying: Thank you God for...then I list what is I'm grateful for.

If you learn to practice gratitude daily, get prepared for a whole new life. Things do not have to change in order for you to feel better - all that is required is a new perspective, for things to look and feel different.

God bless you until next month! - Jeannie Marshall, President & Cofounder

Hello and thanks to everyone who is taking the time to read our editors columns, we appreciate this opportunity to share with you our thoughts and feelings. My wife and I have been sending and receiving letters for years now, from male and female inmates incarcerated in county and state facilities. We send them our recovery newspapers for free, and they send us letters about their life and transformations. We have been deeply touched over the years while reading about the hardships, and struggles that each one has endured.

A few days ago, we received a very touching and uplifting letter from an inmate at Susanville Prison. In the past we have received drawings, poems and spiritual literature demonstrating their gratitude, but what we received from Allen was special. After reading March's editor's column about how I like to give gifts on my birthday instead of receiving them, Allen was encouraged to send us a book of stamps to help another in turn. His letter was open and honest. We never had anyone in prison send us stamps.

Allen asked us to help someone else. It touched our hearts, and showed the power of gratitude in action, his gesture came from a genuine love to help those in need. Jeannie and I have a passion for helping the helpless, and providing hope to the hopeless, that in itself is our greatest reward. The things that I now want are not just for my own personal gain, my behavior has changed towards putting the need of others first. I look at the whole picture now, which includes all of those around us small or great.

I have found out in life that no one person is better than the next, if anything, they might be better off financially, physically, spiritually etc. The essence of the person is the true value of their worth, which has absolutely nothing to do with their possessions. Those that have benefited from the columns, advertisements and resource guide in our recovery newspaper, expressed how informative and life changing Keys to Recovery Newspaper has been for them.

Life is reaching out to help your fellow man and/or woman on a daily basis, in any capacity that your able to provide. True wealth generates from the inside, and manifest outwardly in expressions of love, providing help and support to all that are in need. Until we come together to reason, may God continually bless you.

- Marcus Marshall, Vice President & Cofounder



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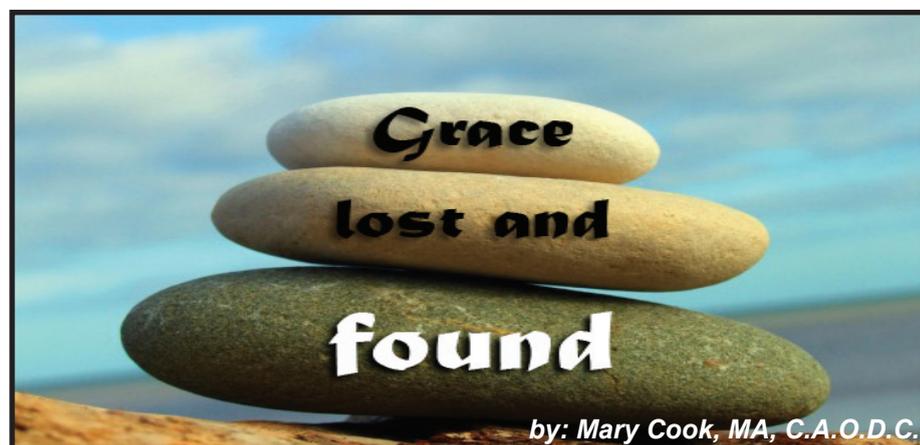
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by: Mary Cook, MA, C.A.O.D.C.

ADDICTIONS & HEALTH

One of the hallmarks of addiction is the inability to satiate craving, for other than brief periods of time, after which more intense craving results. In later stages of addiction, the level of desperation to avoid non-drugged or non-modified internal states is formidable. The farther we travel from honest reflection and compassionate personal inquiry, the more problems and pain we create and attract. The more we focus on escaping and artificially altering discomfort, the more negative energy we give and receive, and the greater helplessness and hopelessness we experience. We are increasingly controlled and imprisoned by dark forces inside and around us, because we have made the object of our addiction our Higher Power.

Addictions represent areas where we need healing. We cannot obtain sufficient sex to compensate for the lack of healthy role models, and demonstrations of mature love in our life. Compulsions with food will not insure our safety, our sense of control, nor will they satisfy our needs to nourish ourselves mentally, emotionally, physically and spiritually. The adrenalin highs and fantasy life of the compulsive gambler, do not counter depression from past lack of consistent emotional support and personal value. Compulsive shopping, money and material possessions cannot compete with healing and spiritual growth.

Addiction to aggression or violence gives the outward illusion of power and control, but actually amplifies internal feelings of vulnerability and helplessness. A life style of crisis, drama or excessive busyness and over-stimulation, intensifies and increases the frequency of personal painful thoughts, feelings and memories. All efforts to block out pain, act upon it aggressively or escape it through artificial euphoria or defensiveness, compounds and complicates our original problem and its roots. Just as material gifts cannot possibly compensate for sick, toxic, abusive, or unavailable parents, empowering the minds' incessant desires and demands, does not result in happiness and health. Instead, it leads to feelings of despair and emptiness.

When our behaviors are attempts to defend against or act out painful feelings that are not processed, healed, understood or integrated in a mature manner, we attract and create more experiences that trigger the same painful feelings. When we are afraid of true intimacy, we block emotionally vulnerable connections with others. Doing so indicates that we have previously disconnected from a meaningful, heartfelt relationship with ourselves. Relationships then are typically superficial and focused on satisfying objectified needs. Sometimes this pattern exists only in romantic or family relationships, because vulnerability to pain is greater there. When we relate to others primarily from our mind and body, excluding our heart and soul, the essence of true bonding is missing. Thus, relationships do not evolve to challenge and enrich us, but rather remain stagnant or deteriorate.

Addictions reinforce the less evolved part of our brain and interfere with higher brain functioning. Thus, we remain mentally in a state of survival with a high level of stress hormones present. Habit is perpetuated and our mental focus is limited to seeking pleasure and avoiding pain. How we think and feel about ourselves lacks depth and breadth. Our thoughts focus on obtaining, wanting and needing, which means we view ourselves as insufficient, incomplete and deprived. Understanding ourselves and life is severely limited, because we are not living creatively and proactively.

Addictions greatly interfere with conscious awareness of our spiritual being, our faith, and our relationship with our Higher Power. Interactions with others devoid of spiritual energy are draining and difficult. True happiness, health, love, and life fulfillment is beyond our reach. Since soul comprises our eternal essence, we remain in a downward spiral of negativity until we become willing to re-examine and change our perceptions of self and life. We are wounded and dangerous, searching for external salvation. We must accept uncertainty and impermanence, for we have failed to find security in possessiveness and controlling. We have stunted lives, shackled by scars of toxic blame and shame. It is only when we open our heart to embrace suffering, that we can heal. We must learn to trust that within us is goodness greater than cruelty, compassion greater than tears and fears, peace and unity greater than war, and love that is greater than hate. The hallmark of addiction recovery is the ability to surrender our will to God, after which more intense feelings of wholeness and holiness results.

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", available at Amazon.com





THE CHANGE YOU'VE BEEN LOOKING FOR

"What the caterpillar calls the end, the rest of the world calls a butterfly." - Lao Tzu

I met a chauffeur when I was stationed in Honolulu, Hawaii. He was always happy, no matter what life threw at him. Whenever unexpected change came his way, he embraced it as a turn for the better. I witnessed him treating any inconvenience or problem with the following statement: "Why is this seemingly negative thing happening to me? I wonder what wonderful thing is going to come of this!"

More impressive than this attitude was the fact that it worked. Every time he'd have what initially seemed to be a turn for the worse, it would soon become a turn for the best. It was remarkable. "I want to learn how to do that," I said.

I admitted to him that I was always concerned about unexpected change. I believed it would always be to my disadvantage. "The only thing constant in the universe is change," he said. "There's no progress without change." I never heard it put like that before.

This opened the door to a new and improved way of experiencing change. Any time I would start to complain about an inconvenience or unexpected problem, his response was always the same. He'd say, "That's great! I wonder what wonderful thing is going to come of this." If it was something as mundane as having to renew my driver's license in person at the DMV, he'd add, "Nothing happens in God's world by mistake. I wonder who it is that you're supposed to meet, or help, while you're there." It felt good to accept change with this kind of faith, and just like him, I'd experience some incredible good fortune as a result.

The word 'faith' has been defined as joyous expectancy. The reason most people fear change is because they approach it with morbid expectancy. Making the statement "I wonder what wonderful thing will come of this" creates an air of expectancy, and immediately you begin to attract a wonderful outcome in spite of appearances.

Upon my honorable discharge from the United States Coast Guard, I applied to an art school in Seattle, Washington. I was accepted, but having no means of paying for it, I applied for a scholarship and financial aid. I felt confident it would all work out favorably, so I traveled to New Jersey to visit my brother before the semester began. Soon after, the school contacted me to inform me that I wasn't eligible for a scholarship or financial aid.

I called the chauffeur who was still living in Hawaii. I told him the news and he said, "That's great! Nothing happens by mistake."

I brought up the possibility of applying for a student loan. "Never mind that," he said. "If it's your heart's desire, God pays all the coin. Where are you now?"

When I told him I was in New Jersey, he suggested that I apply to a school there. Wondering what wonderful thing would come of this propelled me forward. I took his advice, and God made it easy. My childhood friend's father was a successful commercial artist and partner in an advertising agency. I always admired him, and I knew the art school he graduated from was in New Jersey, so I applied to their fine arts program. Shortly after, I was invited in for a portfolio review of my work.

I was apprehensive about this. All I had to present were silly cartoon illustrations I had drawn for military publications. I doubted that the dean of the fine arts department would be impressed. So, I reassured myself that if I didn't get accepted here, it meant that God has something even better in store for me.

When our meeting concluded, the dean of the school extended her hand to let me know that I had been accepted. I thanked her and before I could inquire about financial aid, she told me that based on the work in my portfolio, they wanted to offer me a full merit scholarship. I was thrilled! I couldn't wait to call the chauffeur and tell him that it all worked out exactly like he'd predicted: better than expected.

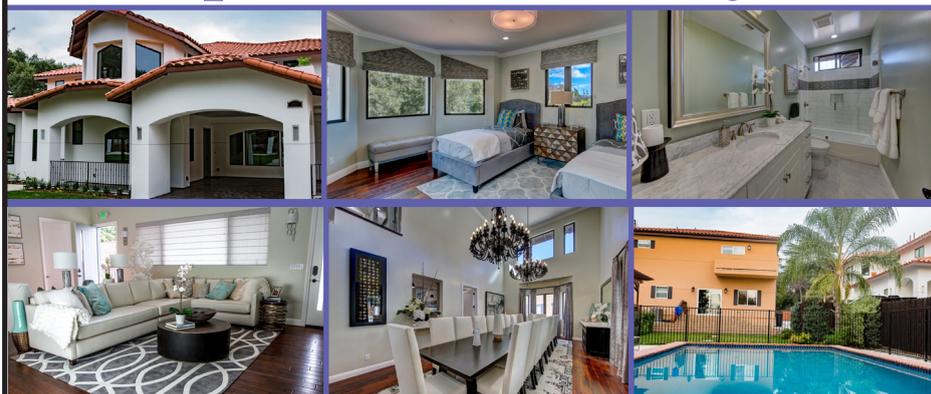
Acceptance is not resigning to disappointment—it's anticipating greater good.

"As I let go and trust God, I accept the circumstances of life with an unwavering faith that good is coming my way." —Acceptance, Daily Word Magazine, October 5, 2017

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran, author of "What if Godzilla Just Wanted a Hug?" and a sought after speaker on the topics of Leadership and Positive Mindset. For more information or to request Darrell as a speaker visit www.ThisWillMakeYouHappy.com



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Ask Dr. Nita



Re-Printed by request
from January 2016

by: Nita Vallens

Dear Dr. Nita,

My sobriety is going well. But, it's hard to take myself seriously when it comes to goals. Since I'm not very far along on my 2015 goals, I'm wondering if it's even worth setting goals for 2016? I need help because I'm frequently on social media feeling like I'm missing something, or I get preoccupied with texting back and forth with friends. It occurred to me that because I want to upgrade my life, something has got to change. Any suggestions?

signed: Monica in Santa Monica

Dear Monica,

I'm glad your sobriety is going well and that you wrote in about your issues about goals, and wanting a change. Nowadays, if you hear a song playing in the background, and you don't recognize the artist you can join over 100 million others who turn to Shazam to search for an answer. And to connect with friends you and 1.55 billion active users can say hello to each other on Facebook. So you aren't the only person driven to distraction by social media. The internet has transformed life as we know it, but you don't have to let your smart phone make you act in a way that isn't in your best interest.

If you have the desire to upgrade your life, and you are not accomplishing what you want, what stories are you telling yourself about this? When you say the words, “hard to take myself seriously.” Are you putting yourself down? If so, over time these self-recriminations can erode your self-esteem.

Whatever has been going on, I urge you to be kind and gentle to yourself by letting go of criticizing and judging yourself. If you start this right away, it will make a difference for you quite quickly. Take some of that compassion that you are able to show others, and re-direct it to yourself.

You mentioned becoming preoccupied with texting and social media. I'm not against social media as a way to stay connected in your free time, but not if it gets in the way of your commitments and goals. If you're puzzled as to why this is happening, I have something to share with you. There's a theory UCLA professor Gary Small discovered in his research suggesting that over time, internet use changes our brain's neural pathways. So you may want to give some thought about the toll this is taking on your life, and your ability to achieve your goals.

On the other hand, are you torn between a goal you want and something you think you should be doing? Or, are you procrastinating, or afraid of change? If you are familiar with the expression “Stop ‘shoulding’ on yourself,” it's sometimes used in counseling to bring attention to the fact that you may want one thing, yet you're willing to sacrifice your wants for what other people say you “should” do (or not do). The problem with this is the burden of a tug of war that can occur between who you think you are supposed to be, and the fact that you have lost sight of the person you are deep down inside.

To ground yourself start categorizing the choices you are considering making as a “should” or “want”, and you'll find that most shoulds are connected to someone else's idea for you, and wants are connected to something you want for yourself.

Let's get back to strategy for a moment. Here are a few ideas to help you create a winning plan:

1. Visualize yourself achieving your goal and how great you'll feel
2. Get an accountability partner to help you stay on track
3. Reward yourself for staying on track and celebrate your wins
4. Surround yourself with winners who have accomplished the goal or something similar
5. Believe in yourself. In the literary classic “As A Man Thinketh,” written in 1903 by James Allen he says “As he thinks, so he is; as he continues to think, so he remains.”

An important part of recovery is moving forward on numerous levels, and if you're working the steps with a sponsor that has given you an experience of meeting goals and deadlines, for which you may not be giving yourself credit. We may feel powerless over our addictions, but we have power over our recovery.

As you begin to increase your focus on what you want in your life, achieving your goals will become much easier. You can take a digital Sabbath or implement the 10-minute rule to limit binging on social media. Let me know how you're progressing now that you are setting a new intention for yourself.

Nita Vallens is a licensed Marriage Family Therapist and Certified Hypnotherapist in Sherman Oaks. f DrNitaVallens.com. Please make appointments by calling 818.783.6258. Her radio show is on Tuesdays, @1:00 PT, KPFK Los Angeles, 90.7 FM or live stream at www.KPFK.org (FREE podcasts on the Audio Archive Link).

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Candlelight Meeting

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by: Barbara Leary

A WOMAN'S JOURNEY IN RECOVERY

It was New Year's Eve 2015. My husband and I were hosting a party for family and close friends. There was tons of food and drink, and I was into all of it. The ultra strong Black Russian cocktails had loosened up my inhibitions, and I loaded up on all the goodies piled on the table. I danced with complete abandon, despite the fact my 5'4" frame was at its top weight of 248 lbs.

Without warning, I slipped and the top of my head hit the corner of the table and blood squirted everywhere. Mortified, I tried to make light of my accident as my brother in-law helped me to my feet. A friend handed me a dishtowel so I could apply pressure to the wound on my head. After assuring everyone I was going to be okay, I staggered upstairs with the help of a friend to change my clothes.

The party broke up shortly thereafter. Though the bleeding had stopped I had a throbbing headache. My husband and I decided I should go to the doctor the next morning.

In the light of day, my new year started with a painful recollection of the previous evening. The all too familiar rant of self deprecation began, as I replayed pictures of my excessive bingeing, ending with the embarrassing and dangerous fall. After I severely berated and ostracized myself, I headed off to Urgent Care.

I was in for several surprises at Urgent Care. My blood pressure had skyrocketed to 140 over 85. The nurse appeared concerned and took the reading 2 more times. The doctor put 8 stitches in the top of my head and wrote a prescription for blood pressure medication.

At 64, I had taken pride in the fact that I was not taking any medication. Now not only did I have to take this medicine, but two others after my primary doctor ordered additional blood tests. Disgusted with myself, I knew something had to change, again...

The River of Denial is long and winding for someone like myself who has multiple addictions. For me it meant making several stops along the way. I certainly had an auspicious addict's pedigree. My estranged, biological father had the compulsive trifecta of gambling, alcohol, and drugs. My mother died a compulsive eater.

My apple didn't fall far from the tree, though of course I didn't see this for many years. Looking back, I began eating compulsively at age 8, after being molested by my stepfather. I added compulsive spending as I succumbed to the pressures of career, marriage, and motherhood in my twenties. At 49, a painful, emotionally charged early retirement created my own trifecta, as I added compulsive gambling to the list of eating and spending, driving me to the brink of suicide.

I started working on my gambling addiction first. There was no way to financially hide. Our home was in foreclosure. I had gambled away my 401 K and lost over seven figures. I also lied and betrayed the trust of the most stand-up man I know, my beloved husband. I wasn't emotionally available to my sons nor was I sensitive to the needs of others, especially my Mother who was trying to take care of my stepfather in his last days with Parkinson's disease.

I will always be grateful for being outed by our niece, a realtor, who saw our home on a foreclosure list. I handled all the finances and my husband had no idea until he received that phone call from his sister relaying the information on our home. He was waiting for me when I got home and the ugly truth began to reveal itself.

Numb with shock, the following morning my husband found my suicide plans rummaging around my closet, looking for anything to help him find some answers. He told me we were going to the hospital and a psychiatrist was meeting us there. After my psyche evaluation, the doctor sent me home under the watchful eye of my husband. We called Gamblers Anonymous on the way home from the hospital, and attended a combined GA and Gam-A-Non the very next day. I haven't gambled since. Fast forward to March of 2016.

When I left the doctor's office that New Year's Day of 2016, I vowed to myself to lose weight. I paid two months dues to a well known weight loss program, rationalizing I would stick to the program because I paid out the money. A month and half later nothing had changed. My manipulative, compulsive mind helped me rationalize eating all the wrong food.

A dear friend who had tried countless diets suggested we go check out CEA- HOW . I reluctantly agreed, after all I needed to support my friend, right? That River of Denial was calling my name again.

The night of that first meeting I was unsure and skeptical. How could I follow such a strict program? However, the speaker that night was someone older than myself and her story inspired me. Still, I found myself standing aside as my friend got a sponsor. Fortunately, my friend's new sponsor encouraged me to get a food plan book.

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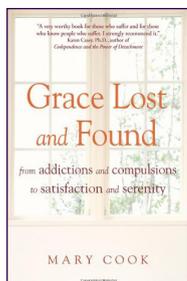
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by: Dr. Goldenberg

THE FIRST FOUR STEPS TO GETTING CONTROL

For those struggling with mental illness and/or substance use disorders, one of the most challenging aspects is recognizing and accepting that you need help. I am an Addiction Psychiatrist and I specialize in the treatment of adults with addiction and/or mental illness. My patients are primarily motivated professionals, many of whom are physicians, lawyers, pilots and executives. However, an adult professional also includes teachers, actors, sales and marketing specialists and everyone else in between.

The common thread in the professional population is one of high achievement, motivation and ambition. Many of my patients thrive in some areas of their lives, or at least that appears to be the case from the outside. However, on closer inspection and beneath the happy face they maintain in public, their struggle with addiction and/or mental illness is often systematically tearing their lives apart.

When a new patient comes to my office for help, they are already on their way to recovery and to improving their quality of life. There are four essential steps you can take to get your life back on track as well:

Step 1: Recognize You Are Powerless to Overcome Mental Illness and/or Addiction on Your Own: Being highly motivated, ambitious and achieving also comes with a downside. It may make you believe that you can, and should, be able to take care of everything yourself. The problem is that, maybe for the first time, those suffering from addiction and/or mental illness must confront something that they cannot overcome and control on their own. Recognizing that you are powerless to overcome mental illness and/or addiction on your own is first step to obtaining a solid primary recovery.

Step 2: Reach Out for help: The second, and often most challenging step, is reaching out for help. For those who are reading this, and are struggling with mental illness and/or addiction, it is important to recognize you are not alone. I am optimistic this article will give you the hope and strength you need to extend a hand for help.

For those who are reading this and have a loved one (a spouse, parent, child, or friend) who is suffering from addiction, I hope this gives you a better understanding as to why they might be struggling to admit they have a problem. I encourage you to attend an Al-Anon meeting and find strength in others who are similarly supporting an individual with addiction. Another good resource is a book called "Get Your Loved One Sober." I highly recommend it to the families of my patients who are struggling with addiction. www.al-anon.alateen.org/find-a-meeting

Step 3: Find The Help That You Need by Getting a Proper Diagnosis: After recognizing you are suffering from mental illness and/or addiction, and being willing to accept help, the next step is finding the help that you need.

The key is finding the right fit for you at this moment in time. Factors such as your specific symptoms, the severity of your symptoms and your specific diagnoses help to determine what treatment settings and modalities will be right for you.

It is vitally important to get a proper and thorough diagnosis from a Psychiatrist or Psychologist before starting any treatment. If you have had difficulty getting a proper diagnosis in the past, consider seeking out a specialized diagnostic evaluation. In any case, your initial evaluation and diagnosis should be designed to formulate an accurate diagnosis and treatment recommendations for your individual case.

Step 4: Get a Treatment Plan Specifically Tailored to You: Once a diagnosis is established, a treatment program can be specifically tailored to include treatments such as individual and group therapy, medication management, support groups and alternative/complementary treatments.

Depending on the stability of the patient (their ability to function, the severity of their current symptoms and their ability to maintain their safety), treatment settings can range from outpatient, to day programming, to inpatient or residential treatment.

Your Psychologist or Psychiatrist should work with you to develop a comprehensive plan to address all of your needs and treatment goals.

Matthew Goldenberg D.O. - Dr. Goldenberg is an addiction psychiatrist, board certified in General and Addiction Psychiatry and is a mental health and addiction expert. He maintains a private psychiatry practice in Santa Monica, California. Dr. Goldenberg treats depression, (major depressive disorder, MDD), bipolar disorder (mania and hypomania, aka bipolar depression), anxiety disorders (such as panic disorder and panic attacks; obsessive compulsive disorder, OCD; Posttraumatic Stress Disorder, PTSD); Attention Deficit Hyperactivity Disorder, ADHD; insomnia and sleep problems; addiction (alcoholism, drug addiction aka substance abuse and substance dependence); behavioral addictions aka process addiction (food addiction, gambling addiction sex addiction etc). can be reached by email: docgoldenberg@gmail.com. www.docgoldenberg.com • Twitter: @docgoldenberg • Instagram: docgoldenberg

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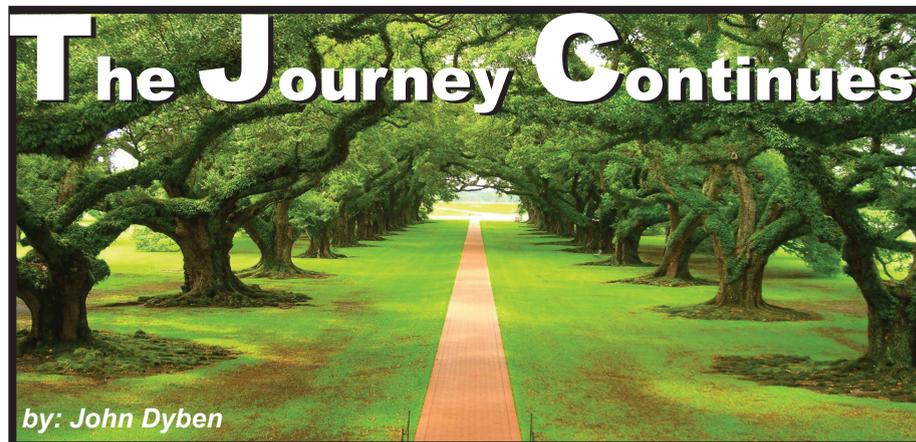
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by: John Dyben

CO MORBIDITY IN OLDER ADULTS

He was 66 when the accident happened. A successful trial attorney, Jack was in good overall health and he loved spending most of his non-working time with his family, especially his 10-year-old grandson, Alex. Jack had always been a social drinker but never really had any problems except for a few times in college when he drank too much and was late for a class the next day.

Then one June day, on a crowded highway, the car in front of Jack braked too fast and the car behind him not fast enough. Everyone survived the crash, but Jack found himself with a significant back injury that left him in constant pain and unable to stand or sit for long periods of time. He was placed on opiates for long term pain management and benzodiazepines to aid with sleeping which had become difficult.

Jack believed it was impossible for him to continue in his career and, though he loved his work, he left his practice and began living out retirement. Unfortunately, though many look forward to the idea of being free from the fetters of work, Jack found himself becoming depressed and disconnected. He continued to drink alcohol while his physicians incrementally increased his medications as they became less effective.

Over time, it all got worse. Jack's physical pain and depression increased; his dependence on opiates and benzodiazepines increased, and he found his drinking increasing to problematic levels even though he never had problems before. Unfortunately, what decreased was Jack's ability to fully engage life and truly connect to those he loved and valued more than anything. Using more drugs, drinking more, and going deeper into depression, Jack slipped into despair and hopelessness and he believed the sole cause of it all was the accident and his injuries. But there was far more to it than that.

At 68 years old, Jack's family held an intervention. They shared their love for Jack and their concern that he had become addicted to pills and alcohol. Jack protested vehemently at the very idea, stating there was no way he could live without drugs for pain and sleep and drinking had never been a problem before so they should just leave him alone.

Then Alex, now 12 years old, told Jack that he missed him because even when they were together, Jack was never really there. And at this, Jack agreed to go to rehab.

Jack entered a facility specializing in the treatment of older adults with addiction and other comorbid conditions and he told everyone there that there was no way he could ever live with the pain or get to sleep without his pills. Further, he did not believe his drinking was in any way connected to his problems.

This scenario is far more common than most people realize. When people think of Substance Use Disorders (SUD) and addiction, they generally picture younger people. In reality, there are somewhere between three to six million older adults who meet criteria for a SUD (Cooper, 2012). Millions more suffer from anxiety, depression, and other mental health disorders (Draper, 2014), and nearly 100 million suffer from chronic pain (Morone, et al., 2016). Further, there is a negative, painful synergy that is present when these conditions co-exist and they tend to contribute to a downward spiral, each making the other worse.

In Jack's case, as with many other older adults, it would be nearly impossible to address addiction, pain, depression, anxiety, or insomnia without addressing all of these issues together. Additionally, Jack was resistant to the idea of treatment which is common in these scenarios. Because of this multitude of factors, it is imperative that treating professionals utilize a multi-disciplinary approach to treating older adults with SUD and comorbidities.

Simply placing Jack in a typical treatment program filled mostly with healthy young people would not have been enough to help him truly recover. Older adults have different treatment needs compared to young adults. The following 5 areas are of particular importance.

1. Medical Needs: Physiological changes of aging mean that alcohol and other drugs take a greater toll on our bodies and it takes longer for us to heal. When treating older adults, it is important to have a slower pace, both of detox and of treatment beyond. Additionally, older adults are more likely to have other medical conditions and injuries that must be addressed. Having geriatric medical care integrated into the detox and treatment process is imperative.

2. Chronic Pain: In addition to other medical needs, chronic pain is a common complaint with older adults and there is often a belief that the pain will be intolerable without opioids. In fact, we now know that opioids are not the best way to treat chronic pain and it can actually make pain worse in many cases (a condition called hyperalgesia). Treating older adults requires a multi-disciplinary approach that offers therapeutic alternatives to opioids from medical, clinical, and wellness professionals.

3. Psychological and Spiritual Needs: Anxiety and depression are two of the most common mental health diagnoses in older adults.

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THE ILLUSION OF TIME

Have you ever experienced time slowing down or speeding up? Can you recall a key moment in your life where time felt slightly different? It's interesting to ponder how time is a concept we have created. Just think about it for a moment. Across the globe time changes. In our own country, we can drive into another time zone with almost no change to the sun's position. Just last month, it was daylight savings time and we are all aware that it's either time to "spring forward" or "fall back" an hour. It all seems interesting to reflect on. Have you ever thought about time as an illusion?

Another way that time seems strange is in how we evaluate recovery time in sobriety. We accumulate recovery and calculate recovery in days, 30, 60, 90 days, 1 year, 10 years, 30 years. We both understand the importance of celebrating and reflecting on the accomplishment of sobriety. However what gets lost sometimes in the process is the value of that recovery. Collectively, Kelly has 10 years of sobriety and Rudy has 25 years. But as we have healed and uncovered layers of trauma, inherited pain, and conditioning, as well as practiced a multitude of 12 step programs and alternative healing modalities, we have experienced "recovery" in a different way.

What once mattered a great deal of gathering time in recovery has eventually mattered less and less. What has become more important to me is what we do in that period of time. How many of the daily, monthly, and yearly opportunities do we seize to heal a deep wound, correct an inherited pattern of behavior, dive deeper into transforming another addictive pattern. It has felt like "light years" of a difference in terms of what recovery feels like from this perspective.

In our relationship coaching practice we teach couples about a term we coined, and we refer to as conscious and unconscious time travel. We describe this being when we get triggered by our partner and how we unconsciously time travel. We travel to a time in our childhood where we are reacting or re-enacting an experience or trauma, and not even know it. These are the habitual fights couples get into over and over, and over. It's so unconscious and repetitive.

Conscious time travel is when you get triggered by your partner, but instead of playing out the repetitive pattern unconsciously, you connect to what it is bringing up in you and the old feeling, and you go to that time and place with yourself and be with the unresolved experience to heal it. When we consciously time travel we are offering ourselves a powerful healing moment rather than re-enact with our partner over and over again.

This is a much easier said than done kind of job. Both of us have failed many times and unconsciously time traveled and made messes in our own relationship, but we also had amazing healing moments in allowing ourselves to heal deep wounds that would not have been possible, if not, for the fact of being triggered in the first place.

Once again time is an interesting concept. How is it that we can be in current time but hijacked to a time from long ago in an instant, and be powerless over it and many times totally unconscious. What we know is that we can live large chunks of our present life stuck in the past, and even living in the future, forecasting our life from fear projecting scenarios that most likely will never happen. Time really is an interesting thing to ponder.

If time in essence can equal wisdom, then each moment offers a nugget of potential "truth" and opportunity to grow spiritually. Think about how a person obtains wisdom. Have you ever encountered an older person who seemed immature for their age. Or vice versa, an old wise spirit in a young body. How do we explain this? There is much for us as humans to comprehend about our place in the cosmos, and with understanding the concept of time. What we do know is that we are spiritual beings having a human experience. Beyond that there are many perspectives spiritually of what happens beyond this body, that deals with time and place.

We know from spiritually growing that if we apply how we utilize our time on this planet in every moment, that we can maximize our lives. Time might be an illusion, but intention and focused energy is the perfect recipe for creating a powerful life. We invite you to practice noticing how often you unconsciously time travel, and began consciously travel, in order to heal old wounds so your life and relationships can be what they are meant to be...present(s)

Blessings, Rudy and Kelly Castro, Conscious Partnership

Rudy is a therapist, and Kelly is a Certified Relationship Coach. They have facilitated thousands



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



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A Recovering Man's Journey Across America

By: Gabriel Cordell



ROLL WITH ME

“We may have to amputate your leg from above the knee, if it doesn’t heal properly”. Those are the words that were uttered to me in February of 2012, after I burned my leg on a six hundred degree barbecue grill, while high on crystal meth. And honestly, when it happened, my thought was, I don’t know how much this would really matter, due to the fact that I’m paralyzed from my midsection down, meaning I can’t walk, move or feel my legs. I have finally hit rock bottom after 5 years of being an out of control addict.

What the hell happened to me and more importantly, how do I get out of this mess?

Then I remembered a promise I made to myself when I was 18 years old, that by the time I turned 45, I will have accomplished something extraordinary with my life. I didn’t know what that meant or what it would be, but I knew that I wanted to make a difference. Even though I felt worthless, I knew my life was still worth living. I was 42 years old and time was running out. This is when I had, what Oprah calls, the “aha moment”! A moment of absolute clarity! An answer to one of the most important questions I have continuously asked myself growing up, “What is my Purpose?” And now, it was answered. Even though I was in the depths of my addiction, I was always paying attention and asking the questions, and an encounter with a complete stranger, in a random parking lot of a shopping center, after picking up my drug supply for the day, was my “aha moment”.

The seed was planted.

Now you may ask, when do you know when these “aha moments” happen? You don’t! That’s why it’s imperative to be aware of your surroundings and the people that come in and out of your life, and ask the meaningful questions, that most are afraid to ask. Those questions and answers dictate how you live your life, the choices you make and in what direction you go. Addicts are the most resourceful, creative and relentless people that I know. We will do whatever it takes to get our fix and most of the time we get what we want, even if it’s at the expense of others. That mindset is exhausting, debilitating, and destructive, so why not harness all that energy into something positive and productive.

The biggest question for me was WHY was I abusing? I asked myself why and at first, it was because I liked it. I enjoyed the way it made me feel. Being high allowed me to act out in ways I would never do so, clean and sober. But when I got past all the surface excuses of my use and abuse, and asked the potent, relevant questions, my answer changed. I realized I was trying to make up for a significant loss I endured during my accident. Something I was never going to regain, barring a religious or scientific miracle. My addiction became the greatest force in my life. Greater than the love I had for my family and friends, greater than the love I had for myself, as well as, it being the only thing that seemed to make up for my loss.

I needed to change my thought process and I needed to find a greater force in my life that was greater than the force of addiction, and I did. The seed that was planted in that parking lot, led to a lot of questions and the answer that would change the course of my life forever. I wanted to roll my standard manual wheelchair across the United States of America. Holy crap did those drugs have an effect on me.

There’s no way in hell that is possible! I am a 42 year-old physically broken, chimney smoking, drug addict, with zero days clean and sober, that’s never rolled more than 1 mile in my chair.

I researched all I could, and found a story, about two gentlemen in 1985 who rolled across America in modified chairs. IT WAS POSSIBLE!!! That’s all that was going through my mind and the more I thought about it, the less I was thinking about getting high. There was a shift in my thinking and a clear plan of what I needed to do. Can I live up to the expectations of who I thought I was as a man? I was about to find out.

Some say, going from one extreme addiction to another isn’t a healthy approach, and maybe so, but here’s how I look at it, if that thing your going to do, snaps you back into reality and makes you become more productive, positive, clean and sober, then who cares. All I could say is that method worked for me.

I had eight months to prepare for the greatest challenge of my life.

I needed to train, I needed to raise at least sixty thousand dollars to get us across America, I needed to find a director and a crew of 6, who were willing to go on the road for 100 days, traveling at the pace of sleep, with no pay and I needed to deal with my addiction. Even though my addiction was not at the forefront of my mind, when the urges came, they came hard. It was still a powerful force that needed to be handled swiftly. The Burbank YMCA was where I trained, but more importantly, a place that became my safe haven. Any time I felt the urges coming on, I stopped whatever I was doing, no matter where I was and got into my car and drove to the Y. Once I entered those doors, all my struggles went away. It became my sanctuary for peace of mind. I believe it's just as important to have a place to go to where you feel safe, collect your thoughts and ground yourself, as it is to call someone on the phone. That played a critical role in my getting clean and sober.

The time has finally come. For the past eight months, I did all the work necessary to be as best prepared as I possibly could be, and all that was left was to roll across America. And that's exactly what I did, becoming the first person in history, to push a standard manual wheelchair across the continental United States, 3,100 miles, through 13 states, in 100 days. The journey was documented and turned into a feature length documentary film that went on to win multiple awards, and is now playing on NETFLIX, "ROLL WITH ME."

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That is what makes everything possible in life, the Power Of The Human Will!

If you want it bad enough, you will figure out a way to get it done. It doesn't matter whether it's rolling across America, dealing with a life altering accident, or beating addiction, if you're committed to doing the work and not give up under any circumstance, no matter how difficult it gets, you will succeed in anything that you set your mind to. I am living proof of that. I am no more special than anyone.

I was WILLING to do the work and there was nothing easy about it, or no way around it. That being said, none of my accomplishments would have been possible, if not for the many wonderful, thoughtful, and supportive people, who believed in me, and my commitment to achieving my goal. Every step of the way, from the recovery of my leg, which by the way, healed properly, to my getting clean and sober, to getting all the resources for all the rolls I did, was impacted as much by the help of others to the work I did myself. The help of others was an integral part of my prosperity.

There are so many components involved in getting clean and sober, and everyone has their own process in regards to beating addiction. This was mine. I was fortunate enough to not need rehab, enroll in drug programs, or speak to counselors, but that doesn't mean it's not your path. There are many keys to recovery at your disposal, but none of it matters, if you are not willing to do the work that is necessary. Some may question this, but the one thing that I am sure of is that, no matter what predicament you find yourself in or how far you've fallen, if you do the work and ask for help, everything and I mean everything is possible.

I always believed, My accident was an accident, but it wasn't by accident. It took me twenty years to finally figure out why this happened and what my PURPOSE in life is. It is to inspire and motivate people through my actions.

Gabriel Cordell (birth name Suheil Aghabi) was Born in Tripoli, Libya, under a dictatorial regime. His family migrated to the states in 1976, via Ellis Island and made a home on Long Island, New York. On October 17, 1992, only one and a half miles from home, Gabriel was in a car accident that left him paralyzed (T6). Since then, Gabriel went on to become one of the busiest models and actors on the east coast. Some of his commercial and Television credits included (CSI, Dexter, Numbers, Maxwell House, IBM, Pizza Hut). In 2003, He won the ABC Talent Development Program for best Drama. In 2014, Gabriel went to Israel and rolled in the name of peace between the Palestinians and Israelis, In 2018, he summited Pikes Peak Mountain, 14,115FT, unassisted in his wheelchair!

To book Gabriel for speaking engagements, he can be reached at Email: info@gabrielcordell.com



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MY ADVOCACY WORK IN GAMBLING RECOVERY

I had a significant and full month in March as it was National Problem Gambling Awareness Month. And since I enjoy honoring and sharing the many people, resources, and places I find for gambling recovery support, I'm sharing a few of them with my "Keys to Recovery" readers.

We know how important it is to share our stories of recovery, as it gives hope to those who are looking to reach out and begin a new life in recovery from gambling addiction. It can be a powerful tool as well for those who are new to recovery, as it makes them aware that they are not alone. It shows them that if you are truly ready to surrender to a "Higher Power", you can be restored to sanity and that recovery works.

In honor of this, I was advocating and sharing my addiction to gambling with a new friend I met through Big Jim's Ride. Mr. Mac Mullins is DJ of a show, "It's The Ride With Mac and Chad" on KOCK radio out of Oklahoma City. Mac, however, also has a Recovery Radio show called "Rise Above Radio with Mac Mullins", and shares on Facebook Live www.facebook.com/RiseAboveKOKC. Mac can also be found at the SoberWorxRadio family and soberworxmembers.com.

I met Mac Mullins through Big Jim Downs, my buddy who is sharing his advocacy while riding around America for Addiction Awareness, and the Addiction Crisis. And, so far Jim has saved over 41 lives and got these suffering people into detox rehabs, and then into treatment recovery programs. That is how our Higher Power works!

So Mac had me on his Rise Above Show on March 16th, and I shared my story and shared facts, stats, and some misconceptions about gambling addiction. I shared with him that we just had a "tick up" in our population that now 2.6% around the world are problem gamblers, from only 1% prior. It tells me with the expansion of gambling venues online, and Indian casinos and State Lotteries, that this number will continue to grow.

I think we all know that using gambling for the wrong reasons is happening more and more, and it is having a negative impact on our communities and families. It is reaching our high school and college-age kids too, with now legal online sports betting in some States and out of the 17+million problem gamblers in the USA. Parents? Half this number is your kids. It is also having a significant negative impact on our senior folks too. Look, I think we all are smart enough to know that gambling profits are not from those who are "once in a while" Bingo players or gamblers. The profits from all venues and options of gambling are from the people who are frequent, addicted, problem gamblers.

So, having a platform like "Rise Above Radio" and my column here in "Keys to Recovery", helps me feel empowered to be able to share my experience of how gambling addiction devastated my life and my husband's life, my strength and what works in helping me maintain recovery. I'm happy to have platforms to share hope to those looking or reach out for redemption. Another recovery support resource is by Founder, Dr. Wood of GAMTALK: www.gamtalk.org. They are a fantastic support system that includes live forums, chats, and solid sponsors who support them. Some of them are The Oregon Lottery, The National Council on Problem Gambling and many more. Be with those who are recovering and maintaining their path to freedom from this disease.

Having support and recovery resources and sharing them is a vital part of my advocacy work. Even though I choose to do so throughout social media, through mainstream media when I can, and on all other platforms, I use to help inform and educate the public about an addiction that is now the number one addiction, claiming lives brought on by hopelessness and suicide. One in five addicted gamblers feel suicide is the only way to stop gambling. It is not the way to stop gambling and it is irreversible. I will always Recover Out Loud and share that anyone, like myself with over twelve plus years, as I Share The Message of HOPE! We do and can "QUIT TO WIN!"

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, FacingAddiction.org and HeroesInRecovery.com.

She is also a member of Big Jim's team helping others who are suffering and need help. For information visit www.BigJimsWalk.com. Become a sponsor for an entire state or for one section of the ride. Any business, recovery group, church, and individuals, are welcome! Jim, Marisol and Big Jim's team hopes everyone will support and sponsor this vital mission and event. Help us save lives from addiction together in unity & fellowship. Collectively through faith and hope, we can help end this addiction epidemic for good.



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Ride Around America
For Addiction Awareness

369 Days ~ 15,700 Miles ~ 48 State Capitals

We Need All Our Recovery Friends At Each State Capitol!
Big Jim's Ride - Event Schedule for April 2019

April 10th, 2019 - Phoenix, Arizona State, Capital Rose Garden 4pm
Book Signing & Sale - Author/Sports Agent, Darren Prince's Best-Selling Book "Aiming High"

Guest Speakers: Former NFL Pro & Tampa Bay Buccaneers #60 Mr. Randy Grimes, Founder of "Athletes In Recovery" and NFL Cares Ambassador (Autographed Footballs available for a donation) • Big Jim Downs & Marisol Lozano • "Higgy" Robin Higginbotham "No More Heroin" CEO & Founder • and more guest speakers to be announced

April 24th, 2019 - State Capital of New Mexico

Follow @Big Jim's Ride on Facebook: www.facebook.com/OfficialBigJimsWalk/

Jim's Walk Foundation raises awareness and funds to help those suffering, find treatment options and resources. Especially those without insurance, the foundation offers grants and scholarships, and to begin building a family camp and treatment program.

Be a sponsor by contacting Marisol Lozano
Email: lozanamarisol2627@gmail.com
Phone: 423-364-7856
For more information or to contribute visit:
www.BigJimsWalk.com

#RECOVERYSTRONG
BIG JIM'S RIDE
BIG BROTHER ALLIANCE

24TH "SOBER DAY LA" WALK-A-THON
SUNDAY MAY 19 TH. 2019
9:00AM - 4:00PM

SOBER LINK
PRESENTS

Celebrate Sober Day LA 11am - 4pm
Marvin Braude Constituency Center
Civic Center 6262 Van Nuys Blvd. Van Nuys, CA 91401
FREE Admission • Food • Exhibits • Music • Performances
Shuttle Service • Civic Center to Walk- Site 9:00am
Walk 3 miles from Panorama Mall behind Wal-Mart
9:00am check-in leaves at 9:30am

More information, or to Register (Walk, Booths or Sponsor)
Call (818) 623-0945 • (818) 938-4403
wwwsoberdayla.com • www.sober-link.com

PANORAMA CITY - VAN NUYS
SPRING FESTIVAL

NOVA STORAGE V.I.P. PRINTING Bricell Catering FUNERARIA DEL ANGEL El Aviso DIRECTV LA GEAR GOURMET TAMALES



HAPPY CAMPERS THE 3RD STAUDAY OF THE MONTH: March through October, Happy Campers at Lake Piru. 8pm Campfire Meeting Lake Piru California. Follow the signs "Best Meeting Under the Stars". Bring a chair.

MOVIE NIGHT EVERY THURSDAY: starting at 6:30pm on a HD 10ft. Screen w/ surround sound, New episodes of "STAR TREK: Discovery". And then "RU PAUL'S DRAG RACE" at 7:30pm following Star Trek. And of course, we proudly host a variety of 12-step fellowships from A-Z Monday through Sunday 7:30am to 10pm. Also every 3rd Sunday we offer, Low Impact YOGA w/SOUND BATH at 1:45pm. Plus REFUGE RECOVERY M-F at noon (a Buddhist approach to recovery). Free Groundworks coffee and chips with literature for sale upstairs in the AT Cafe. More info at: www.atcenterla.org, (323) 663-8882. (5p-9p) 1773 Griffith Park Blvd, Los Angeles, CA 90026.

FRIDAY APRIL 26TH TO SUNDAY APRIL 28TH 2019: The 40th Year of Magic in the Mountains, Easy Does It Weekend. Camp Seely AA 7 Al-Anon Retreat. Our Camp theme this spring is RUBY RED. Near Crestline/Lake Gregory San Bernardino Mountains. \$98 per person, Cabins, showers and bathrooms. No one under 18 years of age. Fills up fast sign up today. www.easydoesitweekend.org, or call (626) 421-1952.

FRIDAY APRIL 26TH TO SUNDAY APRIL 28TH 2019: The 32th Annual International Men's Conference of Alcoholics Anonymous, More will be revealed. Marriott Los Angeles LAX, Los Angeles California. Register online www.IAAMC2019.org, Registration \$55, Banquet \$75, Questions? Volunteer? Be of Service call (310) 730-1243 X3.

SATURDAY MAY 4TH 2019: Foothill H & I Presents a Dance Party. 7-10pm Tickets \$10, Dancing, Contests, 50/50 Raffle, Food for sale. DJ Nicole. 2700 Montrose Ave., Montrose. Proceeds benefit Foothill H & I Literature Fund.

FRIDAY MAY 31ST TO SUNDAY JUNE 2ND 2019: Woman to Woman The 40th Annual Sharing & Caring Workshop Weekend. Mount St. Mary's College, Chalon Campus, Brentwood, California. \$200 per person, includes meals. No refunds. www.WomantoWomanLA.org.

SATURDAY AUGUST 10TH, 2019: First ever Debt-Anon Fellowship Day! The Debt-Anon Fellowship Day is in participation with the 2019 Debtors Anonymous World Service Conference Fellowship Day. Location: Hilton Los Angeles Airport, 5711 West Century Blvd, Los Angeles, CA 90045 USA. For information about Debt-Anon meetings, and Fellowship Day news and registration, visit our website: debtanon.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

Alcoholics Anonymous

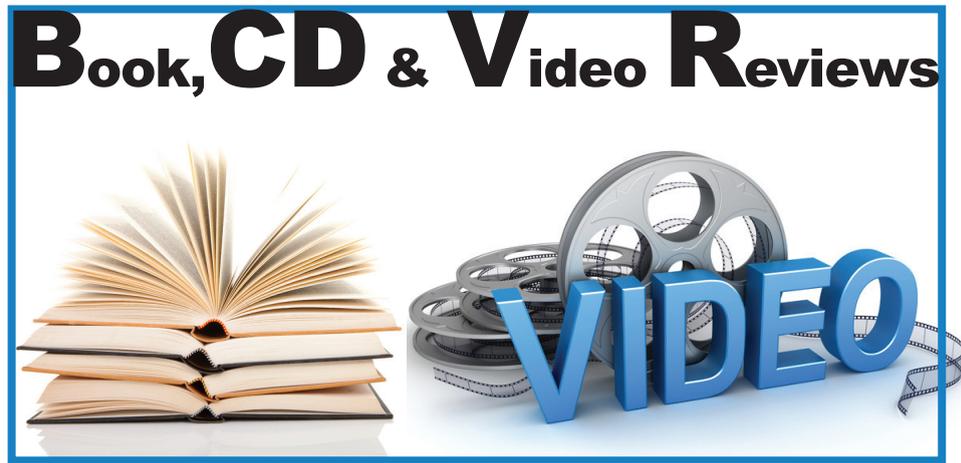
San Fernando Valley Central Office

16132 Sherman Way,
Van Nuys, California 91406

Telephone: 818-988-3001

Mon.-Fri. - 9:AM - 6:PM
Sat. & Sun. - 9:AM - 5:PM

VOLUNTEERS ARE ALWAYS NEEDED

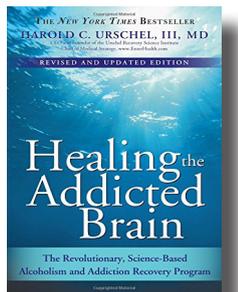


HEALING THE ADDICTED BRAIN. Written by Harold C Urschel, III. Published by Sourcebooks, Inc.

This book gives hope, it helps the addicted person understand why they behave the way they do. When addicts have an understanding of why they do the things they do, they get a new way to look at changing, new things to try that actually work and this gives them HOPE for living the life they want to live. Dr. Urschel explains new solutions and treatment that are now available. Not only does Dr. Urschel make it easy for people to understand, he outlines problems that help addicts know their specific needs. The title speaks for itself. This book breaks down how the mind (brain) of an addict or alcoholic works, helping the addict identify triggers, emotions and etc., that affect them.

"Healing the Addicted Brain" shows the proven scientific approach to conquering addiction and defeating the disease. This book shares lifesaving medical breakthroughs with an in-depth look at drug and alcohol addiction as a chronic, treatable biological disease of the brain. "Healing the Addicted Brain" presents a step-by-step approach to staying sober, and preventing relapse for those recovering from alcohol or drug addiction. What a great resource to help us understand addiction and how it changes the brain and cognition of addicts. Dr. Urschel has created a great tool in his book, with many work sheets to use. This book is a nice combination of AA concepts with scientific research. There are also much needed contexts related to different types of addictive problems and propensities of a variety of conditions.

There is HOPE. By understanding addiction and using 21st century breakthroughs, for the first time drug and alcohol addiction can be, and will be, defeated. This book is a must read if you want to truly understand your addicted loved ones. Available at amazon.com

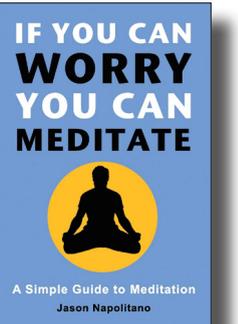


IF YOU CAN WORRY YOU CAN MEDITATE: A Simple Guide to Meditation. Written by Jason Napolitano Certified Meditation Teacher, M.A. in Comparative Theology. Published by Jason Napolitano/Cosmic Eye Publishing.

This book gave me true insight into the total benefits of meditation, the principals that are applied during meditation helps guide one's spirit into a peaceful realm. The positive effects that can be obtained from meditation, far exceeds our own efforts of controlling negative feelings and emotions.

We as human beings are susceptible to a myriad of mental blocks that hinder us, the benefits that Jason explains has proven to help countless individuals change their lives for the good. Jason explains how meditation helps to lower blood pressure, and helps to increase creativity. He educates the reader about how to make our unique powers accessible, which increases success, better concentration, memory and focus.

Being a lifelong scholar of Esoteric and spiritual discussions, Jason expounds on the benefits how positivity and true happiness can be obtained through meditation. He guides you through step by step, introducing those that are new to meditation about it's unleashing effects on the body as a whole. This is a must read for all of us that want to elevate our lives to another plateau, enhancing our senses and bringing enlightenment to the forefront. Available at Amazon.com



UNSWEETINED. By Jodie Sweetin, with Jon Warech. Published Gallery Books.

Jodie Sweetin was a house hold face, known as Stephanie Tanner on ABC's long running hugely popular sitcom *Full House*. My daughter grew up watching *Full House*, with me sitting right next to her. Jodie's character, Stephanie Tanner, was our favorite, although the twins were a close second. The show was good, clean fun. Every problem the family experienced was solved in 30 minutes, which only happens on television.

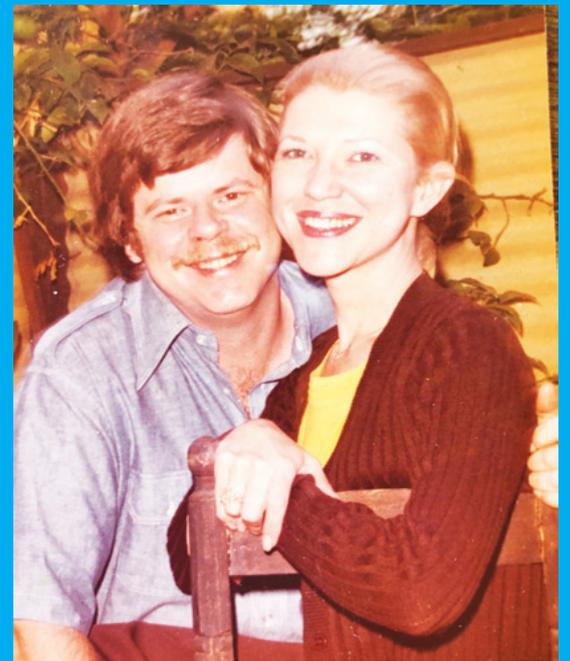
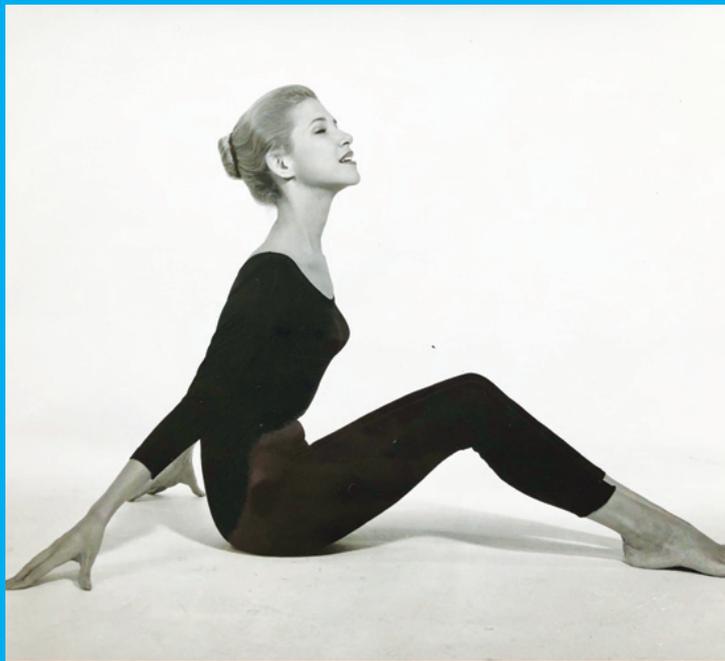
I don't remember hearing much about Jodie Sweetin until *Fuller House* was set to air in 2016, even though her book came out in 2009.

This book is not about *Full House* and the cast, although Jodie talks about them, as they were a part of her daily world. This is about the life of Jodie Sweetin, and her struggles with addiction and recovery. Such a pleasurable and easy read. Jodie tells her story in the first person, which I personally LOVE. I felt saddened with each relapse, and hopeful with new found recovery. By the end of the book I felt I had made a new friend.

Truthful and honest, *UnSweetined* says it all. No sugar coating here. Addiction is something that needs to be talked about, by celebrities and regular everyday people. We need more honest books out there to help reach those still in addiction, and not familiar with recovery. It takes a lot of bravery to share your worst moments with the world. Thank you Jodie, we know you didn't have to be so real, but you were. I give this wonderful book 5 wonderful stars. 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.



She's in the sun, the wind, the rain,
 she's in the air you breathe
 with every breath you take.
 She sings a song of hope and cheer,
 there's no more pain, no more fear.
 You'll see her in the clouds above,
 hear her whisper words of love.
 You'll be together before long,
 until then listen for her song.
 ~Christy Ann Martine



CELEBRATE
 THE LIFE OF

GAYLAN LARMORE

CELEBRATE
 THE LIFE OF

March 20, 1939 - January 14, 2019

September 18th, 2019 at the Gardenia Lounge

7066 Santa Monica Blvd, West Hollywood, California 90038 • 7:00pm to 10:00pm

Gaylan Woodard Larmore was born on March 20th 1939 in Electra Texas. She passed away on January 14th 2019 in Los Angeles California where she had lived and made a home for almost 50 years. She was laid to rest Saturday February 2nd 2019 at the Abbey Chapel at Restland Funeral Home surrounded by friends and buried in her family plot in Dallas.

She was preceded in death by her parents Beola P. Woodard R.N. and Dr. G.T. Woodard. She is survived by her sisters Sharon Parry and Dr. Glenda Bradstock, nieces Stacey Parry, Jennifer Parry and nephews Frederick Parry and Anthony Parry.

In her early years she took to the stage with her talents in singing and dance.

After graduating Sunset High School in Dallas, she attended SMU where she joined Phi Beta Kappa sorority. On a break from photographic modeling with Neiman Marcus and The Bank of Gibraltar she met James Larmore in Topeka Kansas. Gaylan pursued a degree in Elementary education as well as Counseling.

Gaylan and Jim were married in Dallas TX in 1969, calling Los Angeles home for the duration of their marriage. She enjoyed teaching Elementary School and later provided individual / marriage counseling in Hollywood.

Gaylan loved Los Angeles AA Community and was committed to her recovery and helping others. She was the secretary of the Rodeo Meeting for several years and loved the Camden

/All Saints Church meeting on Monday.

Gaylan had a big presence in the greater LA AA community and she enjoyed the peace of the Vedanta meditation meetings on Sunday. LA AA was Gaylan's second home and she made so many friends there, she and her family are very thankful for the loving shared support of those many.

A lovely party will be hosted by Gaylan's sister Dr. Glenda Bradstock on September 18th 2019 at the Gardenia Lounge in West Hollywood. One of Gaylan's favorite neighborhood hangouts she's frequented on Tuesday Open Mic night to sing and enjoy the music. Please join us from 7:00 pm-10:00 pm, for delicious food, fabulous music, and great fun!

RSVP by email to: ask.bradstock@gmail.com • Visit www.GaylanLarmore.com for more pictures and updates.

Classified Ads

HELP WANTED SOBER LIVINGS

RIDGEVIEW RANCH TREATMENT CENTER IS ACTIVELY HIRING FOR THE FOLLOWING POSITION: Certified Substance Abuse Counselors to provide individual and group therapy services to our clients. Minimum two years work experience in substance abuse field preferred. Please send resumes and cover letters to jobs@ridgeviewranchca.org

WANT A JOB IN RECOVERY? SHARE!

IS HIRING. To apply, please send your resume and a cover letter detailing your passion for self-help support groups, your personal experience attending self-help support groups and why you want to work at SHARE! to: jobs@shareself-help.org. See more info at www.share-selfhelp.org. Under Programs/Jobs.

SOBER LIVINGS

12STEP SOBER LIVING.ORG: Sunland Area, men's, shared rooms, \$150 week / \$20 day. Phone, Cable, Internet, TV in every room and all the coffee you can drink! www.12StepSoberLiving.org. Joel & Lisa Moss (818) 293-2222.

A STEP IN THE RIGHT DIRECTION

Luxury Sober Living Homes, Gender Specific and Pet Friendly. Call (877) 377-3702, www.AStepintheRightDirection.org.

ALCHEMY HOUSE SOBER LIVING

Safe, structured and supportive sober living homes for men ages 18+ who truly want a change. Playa Del Rey & Hollywood, California. Call (866) 387-8043.

CHANDLER LODGE SOBER LIVING FOR MEN:

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

HOUSE IN THE HILLS

Transitional / Sober Living for Women in Recovery in Woodland Hills, CA. Our core philosophy lies in the belief that recovering addicts/ alcoholics must safely reconnect with the outside world, aided by a healthy, balanced, structured & secure environment as their support system and home. www.HouseintheHills.org. Call (818) 264-8545.

MIRACLES IN ACTION SOBER LIVING:

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

MOMENTUM SOBER LIVING:

Living Healthy to Recover. Affordable, Luxury tranquil, small house setting. Medication management. Recovery is Possible. www.MomentumMarinaDelRey.com. Call (323) 986-9512.

PROSPEROUS ROSE SOBER LIVING HOUSE LLC: Prosperous Rose Sober Living For Men: Structured sober living house. In Lakeview Terrace minutes from Hansen Dam. Residence includes laundry facility, gym, wifi, cable t.v. and nice spacious rooms. We offer transportation for grocery shopping and to 12-step meetings. Mellow house with a solid support network. Rent is \$600 per month, pay weekly or monthly. Move in today. Call Suzy for Info (818) 660-8070.

ROMEY'S RECOVERY HOUSES, LLC:

Sober Living Beds for both Men & Women. Altadena, California (626) 534-2449.

THE VESPER HOUSE! UNDER NEW MANAGEMENT:

Are you ready to begin your NEW SOBER future TODAY? We are Southern California's Oldest Women's Sober living Home! We have the experience to help you start your new life, today. Vesper House has been helping women who are in recovery for more than 65 years and is located in the San Fernando Valley. We offer semi-private rooms, parking, bus line access, Living room with cable TV, kitchen access/usage, on-site laundry, computers with high-speed Internet access (limited hours of usage), on site AA meeting for Clients, and much MUCH more! Located at 6301 Cahuenga Blvd., North Hollywood, CA. 91606 We care about you! Vesper House is a Zero Tolerance Alcohol and Drug Sober Living Home! The weekly rent is \$135. Call for an us TODAY for further information and to set up an interview! (818) 769-3057

THE SOBER LIVING NETWORK:

Supporting, protecting and expanding quality recovery housing since 1995. The BEST sober living homes in Southern California are Network Certified. Find quality homes at www.soberhousing.net or call (800) 799-2084.

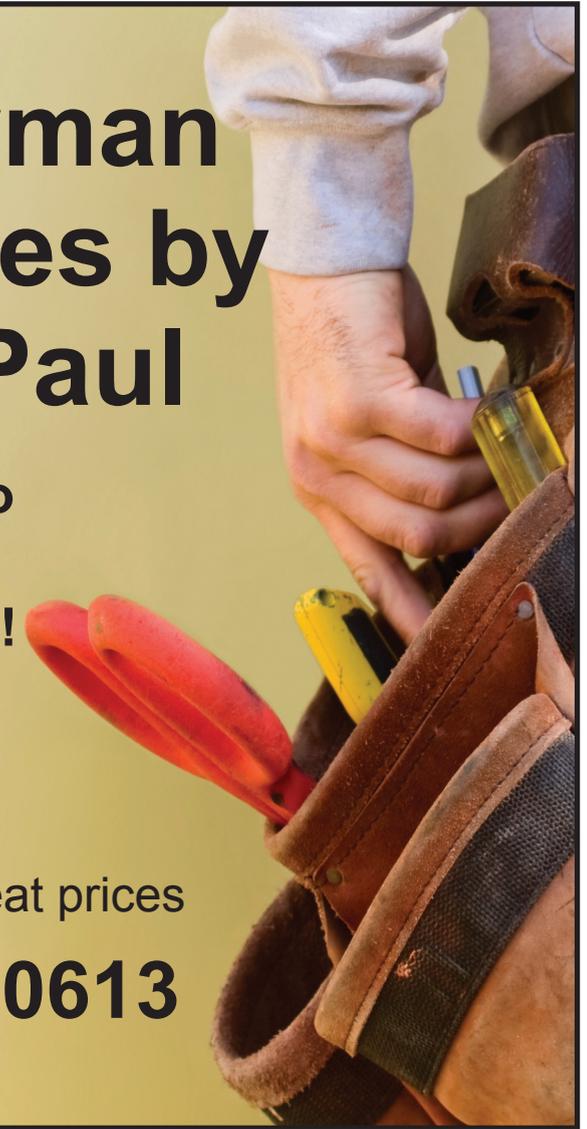
SOBER LIVINGS

SINCE 2002 PRIMARY PURPOSE HOMES SOBER LIVING:

primarypurposehomes.com Separate men and women's homes located in Valley Glen • Van Nuys • No. Hollywood • And our NEWEST home in Woodland Hills/Calabasas. Call us at (818) 612-1439. For our Dallas (4) locations call (972) 821-9550.

Email your classified ad to us at info@keystorecoverynewspaper.com \$40 for 25 words or less.

SOBER LIVING HOME FOR MEN
 Founded in 1949, Valley Lodge has provided a sober living environment for recovering alcoholics. Weekly rate, \$135, includes meals!
 Southern California's oldest Men's Sober living home!
 Welcome to the
VALLEY LODGE
CALL: 818.843.9270
 446 NORTH VARNEY ST. BURBANK, CA. 91502



Handyman Services by John Paul

No Job is too BIG or Small I can do it all!

- Experienced
- Honest
- Hardworking
- Reliable • Great prices

818.447.0613

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

CLASSIFIED AD HEADING : _____

Classified Ad Content: _____

Billing Address: _____

Contact person: _____ Phone: (____) _____

Email To: info@keystorecoverynewspaper.com or call us at (818) 386-8400

Mail To: Keys to Recovery Newspaper, 6930 De Celis Pl., #35, Lake Balboa, CA 91406

KEYS TO RECOVERY — NEWSPAPER, INC. —

Advertising Rates

Ad Sizes

	1x	3x	6x	12x
		ea.	ea.	ea.
Full Page	1,700	1,600	1,500	1,400
3/4 Page	1,400	1,350	1,300	1,275
1/2 Page	1,200	1,175	1,150	1,100
1/3 Page	750	725	700	675
1/4 Page	575	550	525	500
1/6 Page	400	375	350	325
1/8 Page	375	350	325	300
1/12 Page	275	250	225	200
Front Cover	\$1,500 (one time only)			
Banner	Each advertiser can only run once a year			
Business Box	\$100 flat rate			
Classified Ads	\$40 for 25 words or less Each additional word \$0.50			
<u>Additional Charges for</u>				
Full or spot Color				
Back Cover, Inside Back Cover & Inside Front Cover (which are premium locations)				

Full Page	10" width x 12" height
3/4 Page	10" width x 9" height
1/2 Page - Vertical	4.85" width x 12" height
1/2 Page - Horiz.	10" width x 6" height
1/3 Page - Vertical	4.85" width x 9" height
1/3 Page - Horiz.	10" width x 4" height
1/4 Page - Vertical	4.85" width x 5.9" height
1/6 Page - Horiz.	4.85" width x 3.9" height
1/8 Page - Horiz.	4.85" width x 2.95" height
1/12 Page - Horiz.	3.25" width x 3" height
Business Box	2.38" width x 2.38" height
Front Cover Banner	10" width x 1.5 height

Materials & Deadlines

Terms and Conditions

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

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

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

www.KeysToRecoveryNewspaper.com

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

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

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

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

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

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

Vital Services Resource Guide

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

RESOURCE GUIDE

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

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

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

A.A. LA Central Office: 4311 Wilshire Blvd., #104, Los Angeles, CA 90010, www.laccaa.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.aasgvc.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: sivalleyhow@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, Porp 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.

Debt-Anon: 12-step recovery program for those affected by a problem of compulsive debt in a relative or friend. Phone Mtg. Sundays 10am Pacific Time 515-739-1031, 74951#. www.debtanon.org

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.org.

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.

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

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 or 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.

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

Refuge Recovery All Welcome, free Peer to Peer group, Los Angeles California, for meetings visit www.RefugeRecovery.org.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

EMERGENCY HEALTH & MENTAL SERVICES

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

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

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

County of LA Dept. of Mental Health 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) S.F. Valley (818) 994-6747 www.Nami.org. NAMI Urban Los Angeles (323) 294-7814, www.namiurbanla.org. We advocate, educate, and support people with mental illness and their families via our free education programs, support groups, and other services.

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. non-profit: Last Sunday of Each Month 1pm N.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) 859-4893.

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 Satocoy St., Reseda, CA - Wed. 11:00am to 1:30pm, (818) 344-7135.

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

Los Angeles Food Bank (323) 234-3030.

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

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

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

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

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

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

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

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

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

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

INFORMATION & REFERRAL SERVICES

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

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

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

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

Sober Living Network (310) 396-5270.

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

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

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

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

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

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

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

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

Vital Services Resource Guide

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

DISABILITY SERVICES

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

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

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

HOMELESS SHELTERS & RELATED

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

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

Casa Youth Shelter (562) 594-6825.

Centennial Place Permanent Housing (626) 403-4888.

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

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

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

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

Dimondale Adolescent (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.

National Runaway Switchboard (800) Runaway.

New Image Emergency Shelter (323) 231-1711.

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

NCH National Coalition for the Homeless (202) 462-4822, www.nationalhomeless.org

OPCC Safe Haven (310) 883-1222.

Passageways Homeless Intake Center (626) 403-4888.

Pentecostal Outreach (562) 313-1257.

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

Rochester House Transitional Living (213) 986-5599.

Runaway Homeless Youth Shelter (310) 379-3620.

Rainy Day Emergency Shelter (562) 733-1147.

HOMELESS SHELTERS & RELATED

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

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

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

Salvation Army Westwood (310) 477-9539.

Sunshine Mission for Women (213) 747-7419.

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

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

Sanctuary of Hope (323) 786-2413.

Samaritan House (562) 591-1292.

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

The Midnight Mission (213) 624-9258.

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

TEAM HOUSING (310) 631-9516.

Union Rescue Mission (213) 347-6300.

Union Station Homeless Services (626) 240-4550.

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

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

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

WLCAC Homeless Access Center (323) 563-4721.

DOMESTIC VIOLENCE

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

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

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

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

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

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

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

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

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

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

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

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

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

Haven Hills: www.havenhills.org (818) 887-7481 (818) 887-6589.

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

House of Ruth (909) 623-4364.

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

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

Jenesse Center www.jenesse.org (323) 299-9496.

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

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

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

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

National Domestic Violence Hotline: (800) 799-SAFE (7233)

Project Peacemakers, Inc. (walk-in center only) (English, Spanish) (323) 291-2525.

Prototypes (walk-in center only) (323) 464-6281.

DOMESTIC VIOLENCE

Safe Horizons (800) 621-4673 (HOPE).

San Pedro, Rainbow Services: (310) 547-9343.

Santa Monica, Sojourn: (310) 264-6644.

So. California Alcohol & Drug Program/Angel Step Inn: www.scadp.org (562) 949-5358.

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

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

RAPE HOTLINES

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

Rape Hotline (24 Hours) (800) 585-6231. www.elawe.org

Rape Hotline (800) 978-3600 (So. California): 24 hours a day, seven days a week. Callers can get help in eleven languages (English, Spanish, Korean, Vietnamese, Mandarin, Cantonese, Tagalog, Khmer, Japanese, Thai and Armenian).

Rape Hotline (213) 626-3393 (Central Los Angeles)

Rape Hotline (310) 392-8381 (South Los Angeles)

Rape Hotline (626) 793-3385 (West San Gabriel Valley)

S.A.F.E LA www.safela.org/rape-and-sexual-assault

Stalking Hotline (877) 633-0044 (Stalking Hotline)

SUICIDE PREVENTION

Jason Foundation A Youth Suicide Prevention Program, www.jasonfoundation.com, (888) 881-2323.

National Suicide Prevention Lifeline (800) 273-TALK

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

Suicide Prevention Center (877) 727-4747.

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

HEP C / HIV / AIDS INFORMATION

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

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

Clean Needles/Harm Reduction LA (323) 857-5366.

Friends of Aids Foundation (310) 401-4755. Referrals to **HIV/AIDS Hotline** (800) 367-2437. Spanish (800) 400-7432.

HepCHope: www.hepchope.com Hotline (844) 443-7246.

National AIDS Hotline, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)

REACH (risk reduction education and community health) FREE testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse-etc., HIV+ or HIV- people in need. (866) 33-REACH.

On-Line Resources for Hep C: www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

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On the way home, my friend was happy and optimistic. I was still on the fence. I explained I was afraid of how this might effect my recovery as a compulsive gambler if I weren't successful.

The next day I went into my office. It was bagel Friday and a jalapeno, cheese bagel was calling my name in the break room. Somehow on the way down to get that bagel the voice inside my head told me this would be it. I ate my bagel, then called someone on the meeting list to take my food until I could get a sponsor.

A few meetings later, I found my sponsor and the weight just seemed to melt off. I wrote faithfully each day and committed my food and writing to my sponsor. Time flew by and before I even realized it I had my first thirty days of abstinence.

Eight months later when we traveled back east to visit our son and his family, the miracle of improved health was evident. I bounded up a 3 story tower in Gettysburg without breaking a sweat. I had no problem walking about Washington DC on a 7-8 mile walk. I was down 70 lbs and feeling great.

I celebrated my first HOW birthday the following March, and just kept working the Program. I sponsored people, spoke at meetings and took commitments. I faithfully did my writing and committed my food to my sponsor. All of these things helped me to stay abstinent.

When I had lost 87 lbs I went to my doctor and he was delighted. All of the medical issues I had been facing no longer existed. I left his office with a clean bill of health and no prescribed medications. With the help of my maintenance sponsor, my weight remained stable and before I knew it I had two years.

Still giving service, going to meetings and working the HOW program, I began to feel I needed more flexibility than the program affords. I kept writing and meditating for guidance during the next several months. I knew I was reaching a cross roads and this past December I broke my HOW abstinence, and switched to another Twelve Step Program.

Although I go to different meetings now, I will always be grateful for the incredible foundation CEA-HOW gave me. The friendships, the fellowship, and structure have inspired me to do more extensive twelve step work on my character defects, and improving my spiritual and emotional well being. I continue to look forward to my ongoing journey of discovery and recovery.

Barbara Leary is a free lance writer who resides in Southern California with her husband of 48 years and their three "snotty" dogs.

After retiring from her second career as a Tax Paralegal in 2015, she splits her time between watching her 2.5 year old granddaughter, volunteering as an Board Member and Treasurer for a 12 Step Non-Profit Organization, the Valley Self Center, and traveling with her husband, an avid amateur astronomer.

She is currently writing a screenplay for an independent film maker about compulsive gambling and its Impact on the family.



Relatedly, older adults who are able to find a sense of satisfaction with their personal spirituality are likely to have a better quality of mental health, and those walking into treatment often feel a sense of disconnect in this area (Diaz et al., 2011). Intentionally addressing these through cognitive behavioral therapy, wellness activities, nutritional changes and facilitating spiritually supportive social support systems provides a path to improved quality of life without alcohol or other drugs.

4. Social Needs: Older adults respond better to treatment with a group of their peers. If Jack was put into a group of mostly 20-30-year-old men, one of two things would have been likely to happen. Either he would find no sense of connection with anyone and simply not engaged in the group, or he would have become the "dad" of the group, helping everyone but himself. Either way, he would not have benefited fully from the treatment. When older adults are in a group of people who share common struggles and life experiences, they are more likely to fully engage and thus obtain full benefit from treatment.

5. Treatment Approach: Older adults tend to carry significant confusion, guilt, and shame with them as they walk into treatment. Treating professionals should not assume that the older adult patient is familiar with what addiction is and so must start from a perspective of education. The caveat with this is that professionals should also respect the years of experience and knowledge patients do have and be careful not to talk down to them. A motivational and invitational approach to treatment is critical. As older adults begin to understand the nature of their illness, a treating professional who has created a sense of safety and non-judgmental understanding is far more likely to see patients engage and find recovery from all conditions.

This concept of recovery became extremely important for Jack. He learned that for him "recovery" was different from "cure". Jack learned that he had truly become addicted to not only pain medication but also alcohol and engaged a program of recovery including 12-step work and ongoing counseling.

He learned that nothing would make him completely pain free but with the use of physical therapy, massage, behavior changes, biofeedback, and psychotherapy for pain reduction, he could have a better quality of life with a little pain that he was having with all of his pain-and everything else-masked by opiates.

He learned that, though he would have some good days and some not-so-good, he had purpose and meaning and did not have to be miserable all of the time. With the help of a psychiatrist, therapist, and his support system, he realized he could be free of what had become a crippling depression.

To remember: Jack is not an isolated case. There are more like him than we know, struggling with addiction and other comorbidities.

Jack is sober today, many years later. He remains retired, but when he goes fishing with his grandson Alex, Jack is fully present, fully alive, and fully connected to the moment. He wouldn't have it any other way...and neither would Alex.

Dr. John Dyben, DHS, MCAP, CMHP, serves as the Chief Clinical Officer for Origins Behavioral Healthcare®. In this capacity he provides both academic and clinical supervisory support to all of Origins' programs. John's academic background includes degrees in Psychology (BS), Conflict (MA), Management (MS), and a Doctor of Health Science, with his doctoral practicum having focused on the dynamics, epidemiology, and treatment of substance abuse and addiction in older adults. John is an ordained pastor, clinically trained chaplain, and board certified as both a Master Addictions Professional and a Mental Health Professional in the State of Florida. In addition to his clinical work, John lectures in multiple professional and academic venues on topics related to science, health, spirituality and ethics, and he was an adjunct professor at Palm Beach State College for 12 years. www.originsrecovery.com

For more information you can call these numbers: 24-hour Admissions: (844) U-Get-Well- • Direct: (561) 841-1254 • Main Campus: (561) 841-1000

Cooper, L. (2012). Combined motivational interviewing and cognitive-behavioral therapy with older adult drug and alcohol abusers. Health & Social Work, 37(3), 173-179. Diaz, N., Horton, E., Green, D., McIveen, J., Weiner, M., & Mullaney, D. (2011). Relationship between spirituality and depressive symptoms among inpatient individuals who abuse substances. Counseling & Values, 56(1/2), 43-56. Draper, B. (2014). Preparing for the graying of the world: Meeting the needs of older adults. Psychiatric Times, 31(2), 1-5. Morone N., et al. (2016). A mind-body program for older adults with chronic low back pain: A randomized clinical trial. JAMA Intern Med. 176(3):329-337.

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- Acupuncture



NATIONAL ASSOCIATION
OF
ADDICTION TREATMENT PROVIDERS

Voice. Vision. Leadership.





I AM Treatment Sanctuary



Alcohol & Drug Treatment

*Our mission at "I AM" Treatment Sanctuary is to provide a thorough, holistic approach to the recovery experience by utilizing both proven evidence-based treatment techniques and developing an outlook of **mindfulness, honesty, forgiveness, and trust in self and others.** Each client is guided every step of the way through their personal recovery and beyond.*

call **I AM**
833-600-5817
We are here to help

Our facilities provide excellent accommodations in a tranquil, healing environment. Our staff is caring and professional

I AM treatment services include:

- Detoxification
- Co-occurring Disorders
- Customized Treatment Plans
- Individual and Group Therapy
- Trauma Therapy (EMDR)
- Nutrition
- Art and Music Therapy
- Yoga & Meditation
- Acupuncture

Our aftercare services include:

- Sober Living
- Sober Companions
- Life Skills
- 12 Step Meetings
- Career Development
- Lifetime Support Network



We accept most insurance plans. Payment options are available.



I AM is located in the beautiful City of San Marino, California



I AM treatmentsanctuary.com