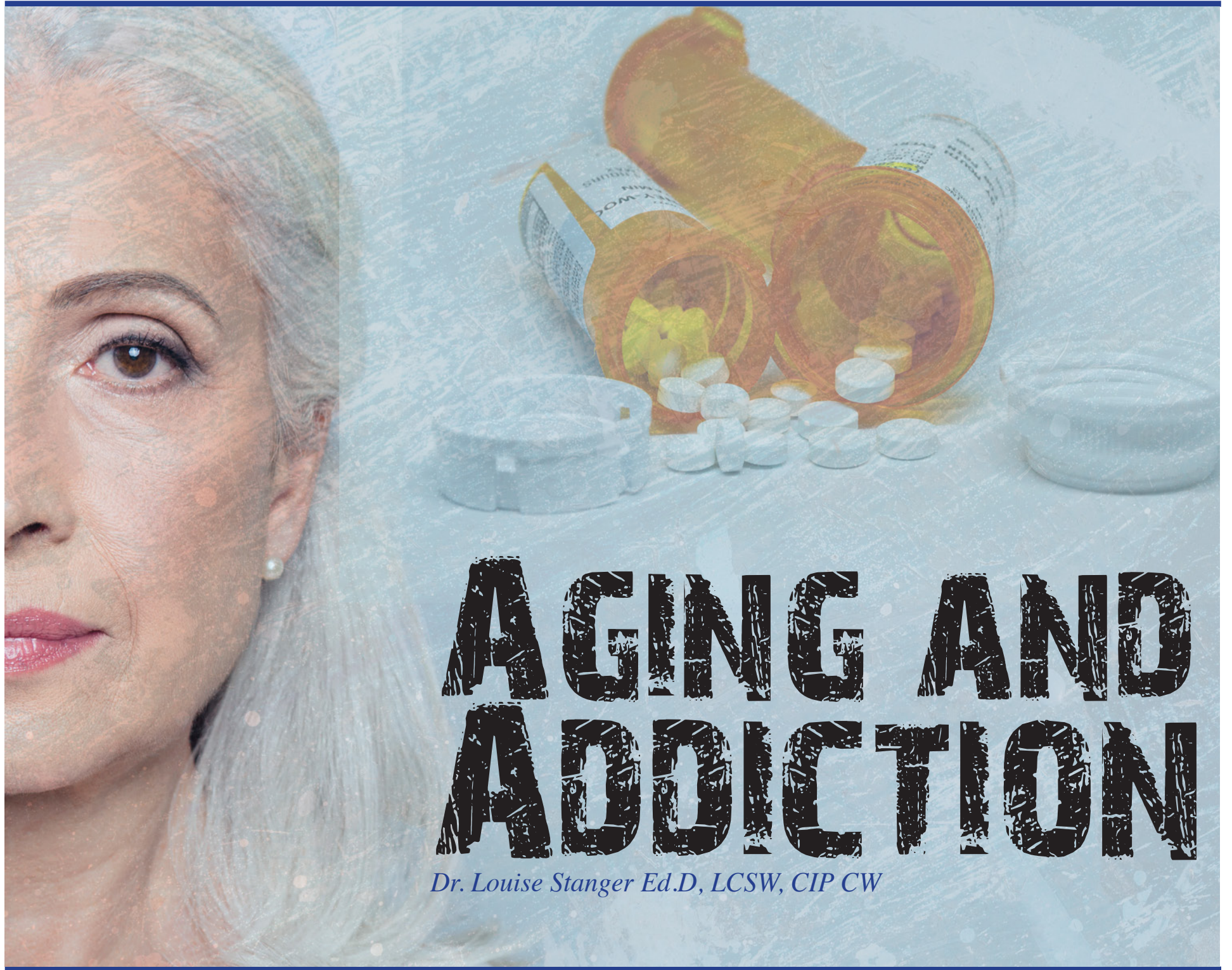


FREE **SPREADING THE MESSAGE OF HOPE FOR RECOVERY FROM ALL ADDICTIONS - READ IT, SAVE IT PASS IT ON**
KEYS TO RECOVERY NEWSPAPER, INC. IS A NON-PROFIT 501 (c) (3) - PUBLIC CHARITY

May 2019

KEYS TO RECOVERY — NEWSPAPER, INC. —



AGING AND ADDICTION

Dr. Louise Stanger Ed.D, LCSW, CIP CW

**Stagnancy or
Sanctuary**

Page 4

**The Good You Seek
Is Seeking You**

Page 5

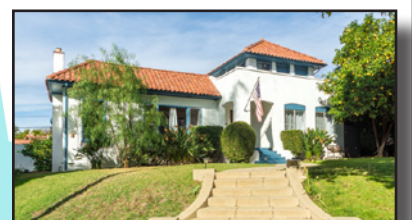
**People
Pleasing**

Page 5



We Accept Most Insurances

CALL TODAY 818-429-9103
Miracles in Action
Detox Center • Intensive Outpatient Center
Structured and Safe Sober Livings
www.MiraclesinAction.info



See page 2 for more info.



Addiction Treatment & Luxury Sober Living Homes

Here, you will be given the best care, provided by our experienced staff.

- Alcohol and Drug Detox
- Partial Hospitalization Program
- Day and Evening Intensive Outpatient Program
- Co-occurring disorders
- We are pet friendly!
- Most PPO Insurances accepted
- Treatment can be covered up to 100% by insurance

Learn more at:

astepintherightdirection.org

Call today for a FREE consultation:

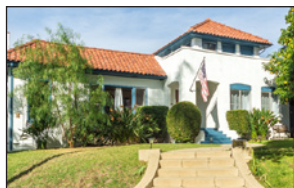
818-231-1400



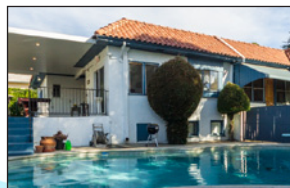
Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 5	Darrell Fusaro
A New Doctor in Town	Page 6	Dr. Clinton
Food For Thought	Page 7	Brian Cuban
Freedom From Bondage	Page 8	Steven Lee Stinnett
The Journey Continues	Page 10	Marilyn L. Davis
Matters of the Heart	Page 11	Rudy & Kelly Castro
Aging and Addiction	Page 12	Dr. Louise Stanger
Quit to Win	Page 15	Catherine Lyon
Events	Page 16	
Book, CD, Video Reviews	Page 16	The Crew
Classified Ads	Page 18	
Advertising Information	Page 19	
Resource Guide	Page 20-21	

Miracles in Action Addiction Treatment Center



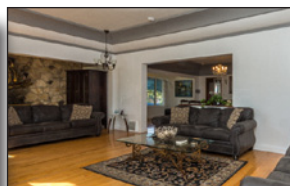
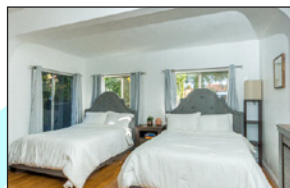
We are here from the beginning to help you integrate smoothly into a sober lifestyle.



Our Doctors, Psychiatrists, Therapist and Counselors are trained to specialize in:

- Substance Abuse
- Co-Dependency
- Dual-Diagnosis
- Bi-Polar
- Anxiety Disorders
- Eating Disorders
- PTSD and Trauma

We Accept Most Insurances



CALL TODAY for a Consultation

818-429-9103

Locations in Glendale and Burbank, California



www.MiraclesinAction.info

Contributors

Jeannie Marshall: President, Cofounder, Publisher & Editor
 Marcus Marshall: Vice President & Cofounder, Publisher & Editor
 Staff Photographer: Shalimar Cambria
 Graphic Designer: J Marshall
 Outreach Director: Peggy Salazar
 Social Media: Dominique LaFargue
 Beth Dewey-Stern: Cofounder

Editorial Contributors: Marcus Marshall • Jeannie Marshall
 • Mary Cook, MA, C.A.O.D.C. • Darrell Fusaro • Dr. Clinton Weyand • Brian Cuban • Steven Lee Stinnett, C.Ht.
 • Marilyn L. Davis • Rudy & Kelly Castro • Dr. Louise Stanger, Ed.D, LCSW, CIP CW • Catherine Townsend-Lyon • Peggy Salazar

About Us

Advertising Rates - page 19
Distribution Information - page 19

Visit our website for more detailed information on Keys to Recovery Newspaper.



We here at Keys to Recovery Newspaper are feeling grateful and excited, as we prepare for our 5th Annual Awards and Anniversary Dinner on Friday July 19th 2019. This year we will be honoring both Danny Trejo and Lynne Pedersen with the award of "Outstanding Contributions to the Recovery Community". Each year we honor two people with this award. This year we have come full circle, as our first awards were held at a beautiful art gallery across from the Santa Monica shoreline, and was hosted by Lynne Pedersen. Our first award was given to Joanne Barron, who will be presenting the same award to Danny Trejo. For more information, please call or email us.

As we prepare for this celebration I look back over the past five years and understand why certain things happened in the order that they occurred. Not knowing our future is a good thing, at least for me. If I knew what I was going to go through, both good and bad, I am not sure if I would have had the confidence to face it.

I have learned to walk and live in faith, not in fear. By walking in faith, I trust that God will give me the strength, the courage and the abilities needed for each task I face, as I face it. The "faith walk" is an action; something that I have found requires practice every day. Sometimes I have to take my fear and do the next indicated task, which is faith, and, usually by the time I have completed the task my fear has vanished. Here is a helpful hint, I ascribe to. Don't borrow tomorrow's worries; we have enough to deal with in this moment.

I am also learning to be the "light" wherever I go. I have learned that the darkness cannot over power my God given light. Sometimes the world seems so over run with darkness, sadness and pain that I want to withdraw from it. But God did not create me to cower, run or hide. He did not save me from my addiction so that I could lead a comfortable life hiding from the darkness.

I was taught early in my recovery "you can't keep it, unless you give it away". I learned that being of service was the best way to get out of "self". In getting out of "self" I found my purpose, which is to carry the message of hope to as many people as possible. This "purpose" driven life fills me with happiness, gratitude and freedom from bondage. It's not always easy or comfortable - but it is a cakewalk compared to the life I had before I found recovery.

So today I will use these God tools, faith and light, to walk this beautiful path of recovery and purpose. I give each day my best, and know that my best is enough.

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

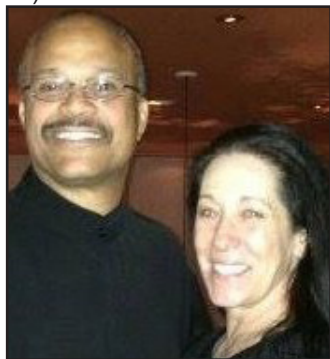
Hello to one and all, we always appreciate you taking the time to read our editor's columns. The month of May started off with a variety of opportunities for my wife and I, first and foremost we were given the privilege to be able to spend more time with our precious granddaughter.

Then we were approached by a remarkable individual Lang Martinez, a true shaker and mover defining the nature of how an advocate for the homeless should represent. Working with Lang will give us more opportunities for reaching out and helping more of the homeless populations. Helping the homeless is one of our deep passions. April was a very blessed month as well, although it was bitter sweet being one year on April 26th that father passed away.

All situations can be viewed as building blocks either to strengthen us, or they could be a weakening force if we allow them to be. I have learned throughout my lifetime that we possess the power within ourselves, to become the person we were meant to be when in unison with God (our Higher Power.)

We all have our own "Keys to Recovery" infused in our DNA, Will Power, Perseverance, Determination and many other attributes that God has given us. We all hold the key to unlock the possibilities that lies ahead, it's all dependent on applying the right perspective that determines our successfulness.

I truly look forward to each and everyday this month, to be a useful extension of positiveness, inspiration and uninhibited service for others. We look forward to being able to come together again for reasoning, until then may God strengthen and keep you walking the path of sobriety. - **Marcus Marshall, Vice President & Cofounder**



Meeting Chips - Medallions - Medallion Holders - Plaques - T-Shirts - Hoodies - Tank Tops - Hats - Keychains - Books - Book covers - Sober Water- Mints - Candles - Meeting Coffee - Mugs - Greeting cards

MY 12 STEP STORE.COM
Recovery gifts InStyle!

got 12

WE SHIP TO THE WORLD!
visit us online or in-store
My 12 Step Store
8730 SANTA MONICA BLVD
WEST HOLLYWOOD CA 90069
310 623 1702

Gold Jewelry - Silver Jewelry - God Boxes - Journals - CDs -

Resolve RECOVERY
Growth, health and independence for women

Your addiction has cost you everything.
Your treatment shouldn't have to.
We're here for you every step of the way.

Call Now 888.705.9930

- Affordable, high quality and accredited program
- Services specially designed for women
- Detoxification and residential treatment
- Centrally located in the heart of Hollywood
- Most HMO and PPO insurance accepted. Payment options available.

carf ACCREDITED

resolvereccovery.org

FAMILY LAW

- Divorce
- Domestic Violence
- DCFS Cases
- LGBTQ



- High Asset Cases
- Restraining Orders
- Child Custody Cases

• Child & Spousal Support

**FREE CONSULTATION
WITH ATTORNEYS WHO CARE**

SPERLING, DIARIAN AND McALLISTER

LOW FEES & REASONABLE PAYMENTS

*Mitchell Sperling, Esq., Aree Diarian, Esq.,
Lauren McAllister, Esq., Steven Shore, CFLS, Esq.*

**For
More
than 39
Years**

A full service, 12 Step Welcoming Law Firm



www.SperlingLawFirm.com

818.205.9090

*The
Seraph
Fund*



The Seraph Fund Presents

**2nd Annual Addiction and Mental Health
Symposium In Asheville, NC**

When: TBD November 2019 | Where: TBD

Offering 6 CEU credits for professionals, the symposium will educate, raise awareness, and enhance professional development relating to topics on addiction and mental health.

Interested in being a Presenter? Deadline for proposal submission is May 24, 2019

2019 Family Workshop: Addiction is a Family Disease

6/8/2019 | 7AM-4PM | Covenant Community Church, 11 Rocket Drive Asheville, NC 28803

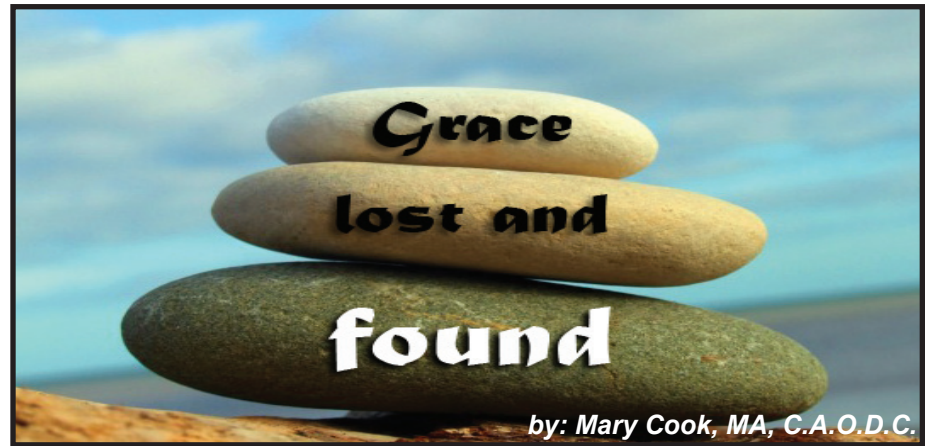
The Family Workshop is a FREE event designed to help families learn about the disease of addiction, how it impacts the family system, and how to support your loved ones suffering from the disease of addiction. Our hope is that after this restorative and healing one day program, families will leave having built a greater awareness of the disease of addiction, themselves, and how to best support their loved one's recovery process.

RSVP: Please RSVP by May 31, 2019 to Seraphfund@gmail.com

**Interested in being a Sponsor or want further
information about participating in our events?**

Reach out to Dixie Brown
at Dixie@theseraphfund.com or 561-706-3185

www.TheSeraphFund.com



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

STAGNANCY OR SANCTUARY

Stagnancy is repeating habits to the exclusion of new learning and personal evolution. Somewhere we stopped believing in ourselves, adopted others' roles, became imprisoned by our fears, or allowed defenses and addictions to claim our identity. We may glorify busyness and chase superficial ideas of success. We may numb ourselves and crave delusions of peace and paradise. Being on autopilot isn't inherently unhealthy, and habits can be positive and productive, however we need a balance between neutral or healthy habits, and curiosity, challenges, and creativity. The nature of all life is change and to become senior citizens, whose glory days are a euphoric recall of forty or more years ago, is a pitiful personal betrayal.

Sanctuary is where we find the joy of life right now. Our heart is open, we are fully engaged, deeply mindful, intuitive, and trusting our soul and our God. We experience serenity, spaciousness, and spontaneity. We can truly taste the sweet, tangy tangerine, rather than shovel food in our mouth while working. We can feel the sunshine on our skin, and soft green grass below our feet, rather than rush to the next task. We can hear children laugh, and ocean waves crashing on sand and stones, rather than listen to the judgments and demands of our chattering minds. And when crises arise, we can let compassion and curiosity strengthen us, rather than let rage and despair weaken us.

We are not meant to live from our family's fears, violence, denial, and abandonment, but to ultimately use these experiences to cultivate courage, peace, honest reflection, and authentic relationships. There are many factors however, that conspire to keep us stuck in past problems. Our mind perpetually searches for what in the present reminds it of the past, then stimulates and imposes past energies onto the present. The mind gives far more attention and urgency to negative energies than positive, because negativity is a potential threat to safety, well-being, and life. In fact, the mind obsesses over negativity and gives barely a nod to what is healthy and positive. We carry within us the energy of what we have not yet healed, and that energy attracts and is attracted to similar energy, which unconsciously drives our beliefs and behaviors. No matter what external changes we make, similar negative themes repeat until we are willing to change ourselves deeply and profoundly.

Chronic failures and falsehoods, misery, and meaninglessness is the initial outcome of stagnancy, and it goes down from there. If we are going to heal, we must start with an honest accounting of harm we have suffered, carried, and passed on to others. We acknowledge that our mind is not God, and we take actions of humility and helpfulness. We practice relaxing into the present moment and accepting it as it is. We look for what is different from the past and allow ourselves a new beginning in each moment. Reminders of past negativity become cues to redirect attention to what is positive. We practice gratitude for all that is healthy, hopeful, beautiful, and benevolent, until we know it, and experience it fully. We develop healthy, mature, reciprocal relationships with others as part of the healing for past dysfunction. We address trauma with compassionate understanding and healthy transformation, and help others to do the same.

We realize that love without conditions is within us, and the more we share it, the more happiness we experience. We realize that grace is within every moment, and the more we savor it, the more lessons and blessings we experience. Life is meant to be an ever-flowing, changing river, not a stagnant pond. We don't need a role to play, defenses to protect us, nor anyone or anything to fix us. We need both love and suffering to awaken us to higher wisdom, to realize hidden strengths and talents, to experience compassion and forgiveness, to find a God of our understanding, and to discover true sanctuary within our own soul.

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





by: Darrell Fusaro

THE GOOD YOU SEEK - IS SEEKING YOU

"If you're not prospering, you are not letting God-in-you have His way." -Rev. Ike

The good you seek is seeking you. If it's your heart's desire nothing can keep it from you. You could be in the most remote place on earth, and still opportunities will present themselves to bring you the desires of your heart.

A young man seeking my help told me how he came to Los Angeles, California to pursue his passion for acting. He was frustrated that he was working as a file clerk at a law office. When I asked him why was it that he wanted to be an actor, he told me that he wanted to help people. He wanted to inspire others to be better people through the stories he would help tell. This sounded to me like he was just saying what he thought I wanted to hear. So I asked him if he really loved acting, or if he just loved the idea of being famous.

"I really love acting!" he said.

"Great," I said. "If you really love acting then I can help you."

He explained how he was putting all the required effort into promoting himself to secure representation and auditions. When I asked him how that felt he said it felt depressing.

"Of course it feels depressing. Because that doesn't work," I said. "You need to switch from trying to get what you want, to giving what you love to do."

When we look for opportunities to do what we love to do simply because we love doing it, without any strings attached, we get plucked from obscurity. When we are generous with our gifts, God makes a way where there is no way.

He also admitted to me that he had been a poor employee at his job at the law office. Because it wasn't his dream job he felt entitled. He had got into the habit of showing up late, spending time on his phone, and grumbling when asked to do what was expected of him.

I said, "If you treat this job as if it's your dream job, it will become a golden link in the chain to your heart's desire." Bless a thing and it will bless you, curse a thing and it will curse you. He was a little skeptical but wanted to believe what I was saying was true.

Every morning he got up earlier, to give himself plenty of time to get ready. He used this time to enjoy his morning coffee with readings from inspirational books, and to pray. As part of his meditation he would send thoughts of love and prosperity, to all those he would imagine he would encounter at the law office that day. He was on time, he only checked his phone during lunch, and did what was asked of him.

At first it was like playing ping-pong in his head between the old thoughts of entitlement, versus this new positive way of thinking. When he would call me frustrated, I'd remind him that the good he sought was seeking him. He began to affirm, "The good I seek is seeking me!" It clicked. He was determined and within two weeks his new attitude began to take root. Holding to the belief that God was busy making arrangements on his behalf, he worked with joy.

About this time, I asked him if he'd be interested in volunteering to teach acting activities at the local elementary school. I often volunteer to do art activities with the students and would be happy to inquire on his behalf. He was enthusiastic about the opportunity, and when I shared this with the teacher she was just as thrilled to have him come in.

During his first time with the students a columnist from the local paper was working at the school. Coincidentally, the columnist had a break during the half hour in which the actor was doing his activity with the students. The columnist sat in and was so inspired by what he witnessed, he featured the young man in his next column.

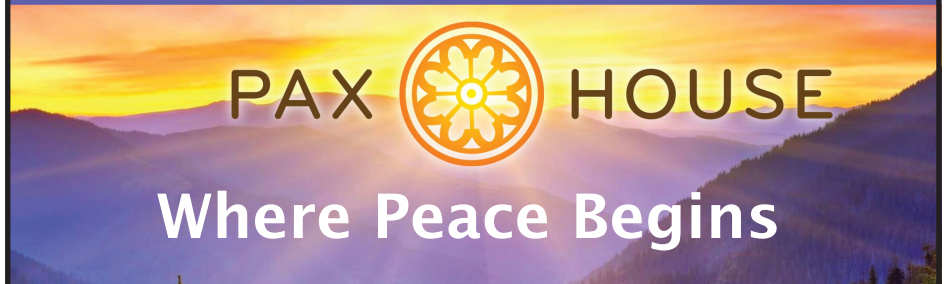
Some time later while back at work, the law firm's senior partner showed a sincere interest in the young man. He asked him how things were going. The young man told of how he had recently volunteered to teach acting activities, to children and that he was very much looking forward to doing it again soon. The senior partner was impressed.

This inspired the senior partner to introduce this young man, and his services of teaching acting to non-actors, to his contacts at the offices of the prosecuting attorney, the district attorney, and the city attorney. "What you're doing is exactly what I wish was taught to me as a young attorney," he said. "When you're in the courtroom presenting your case, you're performing in front of an audience. You will be helping attorneys better serve their clients."

It is a tailor-made profession, miraculously brought about, for which this young man will be well compensated. If you will trust in the presence of God within you, "He will give you the desires of your heart."

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

www.paxhouserecovery.com



Pax is the Latin word for peace, referring to a time in history marked by absence of war. In recovery, we learn to stop fighting ourselves and others. We surrender in order to end the war of addiction.

PPO Insurance accepted - find out if your treatment is covered.



Call Now (626) 398-3897

**Clean.
Sober.
Ready to Live.**



58 Years, Providing Safe 12-Step Based, Sober Living for Men

Call us today! 818-766-4534



- 28 on-site AA Meetings weekly
- 12-Step Program Guidance
- Relapse Prevention with peer support
- Sobriety Monitoring & U.A. Testing
- Close to Buses • Gym • Cable TV
- Internet • Laundry

Committed to providing services, through the 12 step program that has been successful for many years.

Chandler Lodge, a non-profit, foundation established in 1960 by sober men in the program of Alcoholics Anonymous.

Chandler has proven to be one of the most effective Sober Livings available, literally thousands have benefited from our inhouse and outreach programs. We are not a lock down facility; we function as a recovery program of attraction.

www.ChandlerLodge.org • 818-766-4534

That Piano Lady Music Studio & Cynthia Lee Neal




*Present A Unique Musical Workshop
Being in the Moment
With Music*

In this one hour workshop you will listen to a variety of music, experience how studying music is healthy for the brain and concentration and then share your thoughts with others. Learn to use music to keep you in the moment. Private Workshops are limited to ten people.

We can also come to your office or facility, and present this workshop to your employees, clients or guests.


Cynthia has over 20 years of Intercontinental professional experience and is University and Conservatory trained. She is currently based in Los Angeles, California.

Cynthia has performed and taught in Seattle, Ireland, England, NYC and Los Angeles. She has a deep passion for sharing the beauty of music and helping to facilitate others' dreams of playing music.

We also offer: • Private Lessons • Salon Performances • Parties
• Corporate Events • Fund Raisers • Weddings
• Receptions • Available for Accompaniment & Collaborative Hire
For more information please call us at

818.319.2252

www.ThatPianoLady.com



There's a New Doctor in Town

by: Dr. Clinton Weyand

MOVING TOWARD BLISS

*Things fall apart; the center cannot hold. Mere anarchy is loosed upon the world.
– W. B. Yeats*

People feel these lines in the core of their hearts, as politics, economies, family life, and city streets seem to have lost the soul or spirit that has given them a heart. Some say the spirit of our times is “mere anarchy”, a de-compensation and disintegration that lacks any nobility.

The feeling of apocalypse is present among the citizens of our world. Generations before us have felt it too. Scholars say that its mythic or archetypal, a mood that overtakes humanity when it has reached a point of entropy.

The pleasures of technology are empty without a deep guiding philosophy. The only way is to imagine a “new religion” which steers away from overly simple or sentimental answers. We need a religion of our own. For me, Recovery is a therapeutic religion of my own, and it helps me live a sacred and spiritual life. (When I follow the steps and traditions.)

To create a religious life of your own, you have to think things through and be critical of the information you find. You may have to travel, read, study, search the Internet to find answers to your questions, answers that don't insult your intelligence or your emotional awareness.

For me, the Recovery community is worthy of my best thoughts and deepest questions; it is also growing and flexible enough to respond to my needs. When I approach meetings with radical honesty and the willingness to engage, I always get something back, though it may not always be what I expected.

All of this amounts to an antidote for addiction and feeling “shut down”, “stuck”, or “turned off.” The advantage is that sober living gives more pleasure than the dull stupor of robotic thinking, and active addiction. Real sober pleasure lends to deep fulfillment, and the Joseph Campbell word “bliss”.

Bliss is not an option; its essential if we are to enjoy health of body and soul, and remain free of desperate and impulsive acting out. One wonders if excessive entertainment, certain drugs, alcohol, and consumerism are not neurotic ineffective ways of reaching for bliss. Like all addictions, they offer a taste of what is missing, but do so in ways that are ultimately ineffective and harmful.

As you follow your inner prompting's (under the direction of a solid program and sponsor) and remain faithful to your own “weird” guidance, you do certain things that generate your own existence, including a religious or spiritual way of life that is your own. You may become eccentric in a healthy way which removes you from the lonely crowd.

Bliss is the joy that arrives when you are released from the pressure to be a “small self”, “party self”, or even “popular self. Bliss descends when you open yourself to life, and let it suffuse you with abundance where you forget your worries about being somebody (ego) and justifying your life. You give in. You let life take over and discover that your “spirituality” is the basis of your own religion.

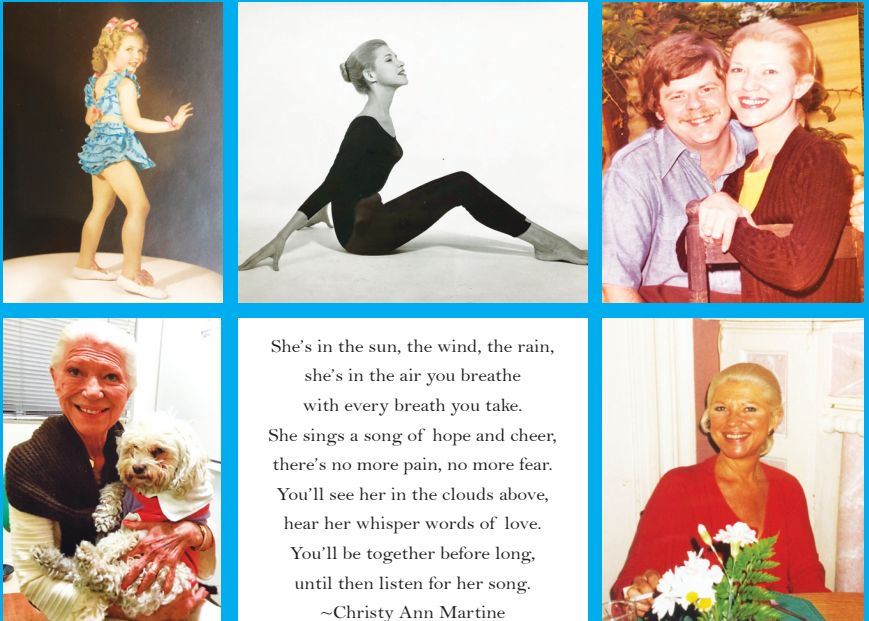
“The only thing we can take with us when we leave this world is what we gave away”

For years, I thought the good in life was to get as much stuff as I could. I spent endless hours shopping for cars, clothes, and tech devices. I loved when UPS came, and for a few hours, I almost felt satisfied. I still remember, however, that the moment I pressed the buy button on yet another Amazon order, and thought about the package arriving and putting the new, unread books on the shelf next to the other new, unread books. In that moment, I hit another bottom.

When I was new, I was told that if I wanted to feel better, than I had to get out of myself by being of service. While I argued that mopping the floor couldn't have anything to do with my recovering or feeling better, I did what I was told. Eventually, I was instructed to sponsor others. While I resented getting up early on Sunday morning to meet with a newcomer before a meeting, I always felt the deepest satisfaction and feeling of self-worth when I did. Finally, I found a way to fill the hole inside of me.

What I've learned after many years in recovery is that its not about me. Its not about how much I earn or how much I can get. Its only about how much I can give away. I know I'm happiest when I'm being of service to others.

Con't Page 22



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 Gilbratta 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.



THE STERIOD MONSTER

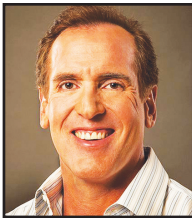
According to a survey by the Partnership for Drug-Free Kids, steroid use is on the rise among teens. As someone who was once addicted to steroids wrapped around body dysmorphic disorder (BDD), this trend is troubling, as it seems to coincide with a rise in teen male and female body image issues in general. Male eating disorders have risen from ten percent of those suffering to twenty five percent. Becoming obsessed with the lean and perfect body, spending obsessive hours in the gym and not only abusing illegal steroids, but legal supplements as well in the quest to obtain the unobtainable. Often substituting these supplements for a balanced healthy diet, also leading to an eating disorder. The dream of professional athletics? The adulation and money that comes with that? A movie star body to get the girl? Maybe just plain old terrible body image born of biological pre-disposition and the lowered state of societal normative discontent to trigger it into steroid abuse or some other destructive behavior.

Let's be honest about it. The majority of people abusing steroids are not doing it to get the next big sports contract. They are doing it for all the other reasons listed above. Basically, no reason at all. I know these people. I counsel some of them in an attempt to help them understand that steroids are not a fix for what has happened in life to create a negative self-image. They simply lead to the need to continually feed the monster with no end game. The steroid monster.

Steroid use has the potential to be destructive both short term and long term. I am living proof. I first began using anabolic steroids in my mid twenties. Just one more cycle in the spinning wheel of destructive behaviors of BDD. Trying to change that fat monster in the mirror that never changed. To achieve one thing only. Acceptance. Starving myself didn't change it. Binging and purging didn't change it. Exercise bulimia didn't work. Steroids seemed the next logical step. If I couldn't get thin enough, I would bulk up. It quickly became the obsessive need to feed that monster. Spending thousands of dollars on black market steroids, risking arrest and all the physical side effects, some temporary, some permanent. The temporary were increased aggression, no doubt playing some part in failed relationships and friendships. Wild depression swings between steroid cycles stacked on top of untreated-clinical depression. The permanent are much more of a cautionary tale. Almost losing my left leg after ignoring a staff infection brought on by using dirty needles. Major surgery was required. I have leg problems to this day. Atrial Fibrillation (A-Fib) that has required hospitalization twice. Recently diagnosed Type-2 diabetes. While there is no real way to pin it to the steroid use, what I do know is that I have no family history. Can't leave out the b*tch tits, clinically known as gynecomastia The BDD monster in the mirror was false. Looking at those in the mirror is real. A high price to pay for acceptance and compliments.

What's the solution? We can and should keep addressing the behavior. Legally prohibiting and punishing possession and distribution. Raising awareness through education. The long-term solution is more complex and intertwined with the societal issues that trigger some of us to steroid abuse, eating disorders and other issues related to body image in one way or another. No one can be forced down a specific body image road. There are biological predispositions at play and environment can trigger that into a thousand different directions. The best we can do, is the best we can do. Set the table to add healthy self image options so hopefully children will grow up grounded in who they are, and not succumb to the intense pressure to look a certain way for acceptance. False magazine and digital images are not going away. Peer pressure to look a certain way won't go away. The societal set point for triggering body image issue may sink even lower. Let's empower our kids to rise above that set point with a healthy view of themselves, and empower others to do the same.

Brian Cuban, an author whose best-selling book "Shattered Image: My Triumph Over Body Dysmorphic Disorder" chronicles his first-hand experiences living with, and recovering from clinical depression, 27 years of eating disorders and Body Dysmorphia Disorder (BDD), drug and alcohol addiction. Brian speaks regularly about his recovery and empowering adults and teens to turn their worst moments into their greatest achievement. Brian is also the author of the Amazon best-selling book, The Addicted Lawyer: Tales Of The Bar, Booze, Blow & Redemption, A graduate of the University of Pittsburgh School of Law, he somehow made it through as an alcoholic, then added cocaine to his résumé as a practicing attorney. He went into recovery April 2007. He left the practice of law, and now writes and speaks on recovery topics, not only for the legal profession, but on recovery in general. He can be reached at brian@addictedlawyer.com.



NEW HIRING FEMALE HOUSE MANGER

For NEW Sober Living For Women

Minimum of 2 years clean and sober.

Experience is a plus. Opening May - June

Affordable Beautiful and Luxurious Home

3000 Square Foot home on a ½ acre

Near Balboa & Vanowen in the San Fernando Valley

- Near 12 step meetings
- Large Rooms
- Manager on Premises
- Zero Tolerance for Drugs or Alcohol
- Spacious Modern Kitchen

Contact Ron H. (9-10-76) for more information

Call **(818) 298-6100**

Do You Work With Those Suffering From Eating Disorders?
REGISTER NOW!

10th ANNUAL Seed

Southeastern Eating Disorder
CONFERENCE

"Integrated Treatment for Eating Disorders"
August 16th - 17th, 2019



Exhibitor & Sponsorships Still Available

The Lodge at Gulf State Park, a Hilton Hotel,
Gulf State Park, Alabama

Be a part of an evolution in understanding and treating Eating Disorders. You will hear current experts in eating disorders, including those with specialization in evidence-based treatments and innovative treatments. We invite you to join us for this information packed event and earn CE's when you attend.

WHO SHOULD ATTEND: Mental health professionals, dietitians and interns who work with children, adolescents, adults, and families with eating disorders.



www.theSEEDconference.com

THERAPIST



Psychotherapist & Hypnotherapist
Dr. Nita Vallens, Lic# MFC25909

Free yourself from the past and create a passionate and fulfilling life!

818.783.6258

www.DrNitaVallens.com



MARY COOK

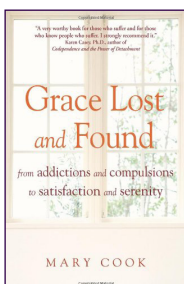
ADDICTION SPECIALIST COUNSELOR

M.A. Psychology, C.A.O.D.C.

42 Years of Experience

310-517-0825

Available for counseling in my office in San Pedro, California or by telephone.



AUTHOR OF: Grace Lost & Found
Available on Amazon.com

WWW.MARYCOOKMA.COM

email: MaryCookMA@att.net



Ross Phillips Therapy

Specializing in Chemical Dependency and the Addicted Family System

Burbank & Eagle Rock, California

RossPhillipsTherapy.com

805-455-1614

Ross Phillips M.A., LMFT
MFC 100034

SoberSolutionsUSA.com

Interventions Sober Coaching

Personal 1 on 1 Help

*To Guide You
From Where You Are
To Where You
Want To Be*

Gary Sherwin

805.267.9184



by: Steven Lee Stinnett C. Ht.

I GOT SOBER TO GET KELI BACK

I got sober to get Keli back.

Rather, I wanted Keli back and was desperate enough to try anything. That was early in November of 1988. I was 34 and had already blasted through several careers, a marriage, and more opportunities than most men ever get in their lives. In my mind losing Keli as well, was too much.

So I went to AA. I was hoping that AA would be a sort of cheap, relationship therapy. Imagine that!

It's amazing that I stayed. However, at every meeting, I'd hear one thing, one idea that cut to the core of me. Looking back, I'm amazed to reflect on how often, in those early days, my entire future hung on a single turn of phrase.

Then I heard a pitch that changed everything. The guy was NOTHING like me, or so I thought. He was a Native American from Northern Mexico. He was a wino, 7 years recovered from skid row. He didn't talk about drinking or alcohol, he talked about insanity, obsession and the "ism" of alcoholism.

I was in denial about drinking. But I knew about obsession, I'd been obsessed about one thing or another all my life! And insanity? Doing crazy stuff is fun and it doesn't seem crazy at the time. The speaker however, described insanity as realizing how out of control you are, and though you make promises to never do the crazy thing you are doing ever again, you find yourself doing that crazy thing later the same night. This was a pattern with which I was intimately familiar.

Then he talked about the "ism." He seemed to be able to read my thought processes better than my own Mother. From that point, I was hooked.

It took me three years to really work the Steps. And another year or so to begin making the changes the step work indicated.

I went back to school, a trade school, a very humbling experience for a self-styled Intellectual and Artist. I learned digital design, replacing my long obsolete skill set. I got a graphics job and began to settle into a happy routine of work and meetings.

I started to travel. I could find friends anywhere, at a convention in Greece, in a meeting in a bomb shelter in Tel Aviv, or next to the Seine River in Paris! At a meeting off Hyde Park in London, I met guys that had been to my Encino, California home group!

I could wrap this little story up right here, life changed, yay sobriety! That however, would leave out the most important part: actual recovery.

See, I didn't have any. It's easy enough to develop the habit of sobriety: to swap drinking with another coping mechanism. In this sense, many of us are fully capable of being just as self-destructive sober as we were drinking or using. The principle has been well known to AA, they call it: Dry Drunk.

I can characterize my second decade of sobriety as a long, slow, slide into Dry-drunkism. Fewer meetings, a smaller group of sober friends, and the crux of the matter—in spite of very clear instructions—no daily application of the 10th, 11th, and 12th steps.

The "Ism" is a master of disguise. It can present itself as devotion to work, an over-indulged hobby, self-righteous anger, sex, gambling, anything.

With me it was food—mindless, compulsive overeating, ignoring the increasingly crippling physical effects of onset diabetes.

It's a possibility that some sort of carbohydrate intolerance was there all along. Perhaps my alcoholism and compulsive eating are linked together in some sort of endocrine malfunction. One argument states that alcohol is nothing more than a carbohydrate delivery system?

I do know that the Big Book lists the emotions of Alcoholism as those of anger, resentment, hostility, and self-pity, exactly the state of mind I recreate in over-eating high-carb food.

In my third decade of sobriety, a series of un-sober choices led to yet another life melt-down. The "life un-examined," brought me to the brink of suicide.

Luckily, I turned to the steps rather than to a Colt .45.

The steps revealed my role in the drama raging around me. I became aware that, though not drinking, I was eating alcoholically. There was the same bingeing, excess/depression cycle with carb-y food that there had been with booze. And I could see the same mechanism at work in a lot of my fellow AA mates.

Which led me to Compulsive Eaters Anonymous-HOW. Not a smooth transition I assure you.

Which led me to lose a lot of weight, stabilize my blood sugar, and reclaim my life. In fact, it led me to a new career.

I'm a Certified Hypnotherapist now. Every day I deal with phobia, fear, anger, and addiction, not to mention obesity. The degree to which carb-compulsion lurks below all of it is astounding.

Now I go to AA and CEA-HOW meetings. I sponsor people in both programs. I work the steps myself on a daily basis. As I learn more about Behavioral Psychology, I am ever-more impressed with how well those old timers encapsulated sound, modern, therapeutic practice within the 12 Steps!

I never did get Keli back. That turned out to be a good thing. I did get—not only a second chance but a third—along with a set of amazingly effective tools, the 12 steps, "a plan for living that really works."

Steven Lee Stinnett C. Ht., Tarzana, California.

Therapist - Your Box Ad HERE for \$100 per Month - Because when your budget is limited... your exposure **SHOULDN'T BE!**



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 AMtreatmentsanctuary.com

www.TheHangingTowel.com



The Hanging Towel

**The only towel you'll ever need at the gym.
Lightweight 100% Cotton Gym Hanging Towel.**



Amazing workout companion

Never touch another sweaty workout bench again. This towel hangs on to the back of the machine so it will not slide down or fall off.

- Fits most bench / gym equipment
- Keeps equipment clean before & after you use it
- 100% Cotton on the front so it's easy to clean
- Stops the spread of germs
- Made in the USA
- Looks great
- Easy to use
- Available in White, Grey and Pink

After Workout Towel, The only towel you'll ever need after the gym

This is NOT, a seat cover.

It is a towel to protect your car seats, from sweat, dirt and grime, after working out, playing sports or just getting dirty. It will also keep the seat cooler when the car is sitting in the hot sun.

- Helps keep your seat cool in the summer
- 100% Cotton on the front so it's easy to clean
- Fits most car seats
- Looks great
- Holds firm to your car seat
- Available in Black



Workout Towel

Only \$ 15 ea. +Taxes & Shipping

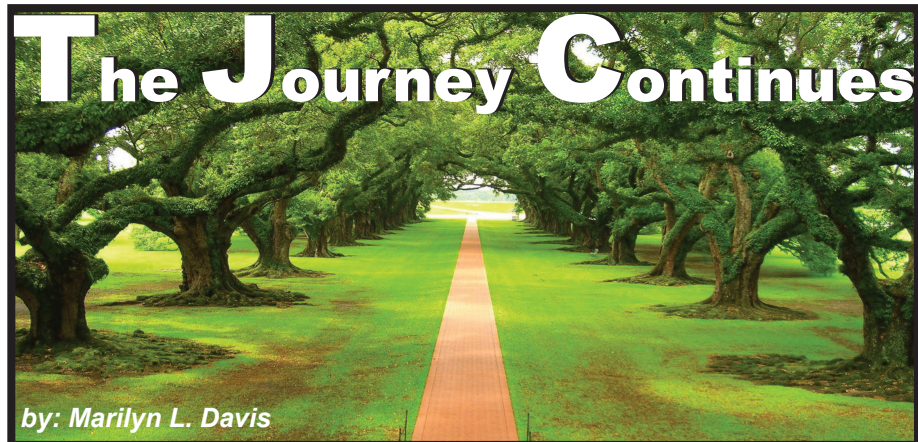
After Workout Towel for Car Seat

Only \$25 ea. +Taxes & Shipping

Call NOW (818) 447-0613

email us your order - itworksgood316@gmail.com

www.TheHangingTowel.com



by: Marilyn L. Davis

WHY SHOULD I TRUST YOUR ANSWERS?

"I always pass on good advice. It is the only thing to do with it. It is never of any use to oneself."— Oscar Wilde

JUST PASSING THE ANSWERS ON: In early recovery, it's hard to know who to trust when we are genuinely seeking guidance. We may attend recovery support meetings and hear different directions or suggestions and be more confused, and when we're confused, we're sometimes embarrassed that we don't understand, afraid to ask for clarification, or can't decide which directions to follow.

The good news is that the majority of people in recovery support meetings are only sharing what's worked for them in their recovery. And an easy way to get acquainted with people in any recovery support meeting is to ask questions. However, some people ask questions, not for answers, but so they seem interested.

GOING, GOING, GONE: Shopping for Answers: I'll refer to that type of activity as "Shopping for Answers," and it is not like looking for the best deal or most accurate information. In fact, it can be manipulative; a ploy to get out of using all those directions and suggestions that others are giving you.

People shop for answers in several ways. One is to ask only people who lack experience in doing something, hoping that the information will be inaccurate and therefore, no one would hold them accountable for incorrect directions.

For instance, "I asked John, and he seemed uncertain in his response, so I asked Ann, and she didn't seem confident in her answer, either, so I didn't do anything."

On the other hand, you can take their different opinions and get out of doing anything as well. "I asked John, and when he told me what to do, he sounded hesitant, so I asked Ann, and her perspective was different, so I didn't do anything."

FIND SOMEONE WITH LOTS OF ANSWERS AND TIME: With these qualifiers, like 'John seeming uncertain,' or 'Ann didn't seem confident,' you don't have to follow directions. But John may just be nervous in his presentation, or Ann is shy, and neither of those has anything to do with whether the information is correct or not.

The reality is that it is never in your best interest to ask someone how to do something if he or she has less than three months experience about the subject, whatever the issue is. Not because they do not know how to do something, but you have more knowledgeable and qualified people who are resources that are available to you. Taking directions from people with more experience about a subject just makes more sense.

LET ME FIND AN ANSWER I LIKE: Sometimes people shop for an answer because they know they can get someone else in on their negativity about recovery. "What do you think about the people trying to tell us what to do? Sure, they say it is a suggestion, but it's directions and telling us what to do."

Were you hoping to find someone else who thinks as you do? Were you hoping to find someone that would agree that the suggestions and directions for recovery are ridiculous?

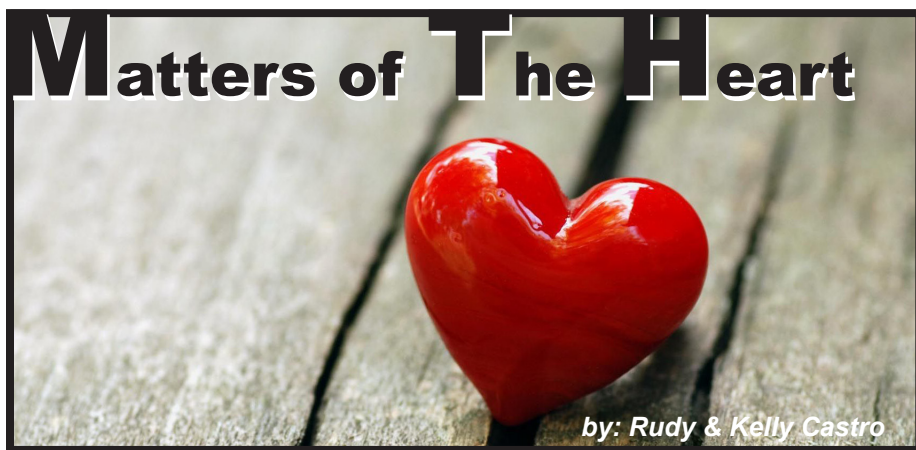
Usually, the first person that responds in agreement and validates the opinion can now be labeled as an expert, and your views coincide. You join forces with this person and fuel the impression with statements like, "You know, you're right, it is wrong for people to tell us what to do, after all, we are grown-ups."

So we now have two people who have most recently relapsed and only got out of jail last month and not asking others with more experience or time. They are deciding what makes sense; all because they looked for the answers they wanted. They started out with a self-serving agenda and found others to validate it.

WHY SHOULD ANYONE GIVE YOU ANSWERS?: The other aspect of Shopping for Answers is that people see you going from one source to the next, but rarely following through with anybody's suggestions or directions. When people find out, or see you asking the same questions of others, you can alienate people when they find out that you only seem interested in solutions and answers but do not intend to use their suggestions or directions.

In asking multiple people for suggestions for your recovery, you can manage their impression of you – for a while. You can posture as someone who is serious and interested in changing and in the recovery process. However, when you do not follow through with the suggestions and directions, your actions give you away. You only wanted to seem interested. These types of discrepancies in what you say and what you do will cause people to distance themselves from you.

Con't Page 22



PEOPLE PLEASING

We once heard in a meeting that people pleasing was a nicer way of describing manipulation. That one was I felt – right in the gut. People pleasing sounds so much nicer than “manipulating.” However, people pleasing is manipulating ourselves, others, and our experiences to avoid feelings, possible outcomes, and/or reactions from others that seem unpleasurable to us. It is a way to feel in control of the environment and is easily masked as generosity.

A lot of the thoughts and feelings that fuel the behavior are centered around the constant obsession of taking care of other people’s problems, thinking about how other people feel, whether or not people are mad at us, and having a hard time taking care of self, saying no, or knowing what our own needs are. Our happiness, peace and comfort are based upon how others are doing, feeling or perceiving us.

What happens, long-term, with this behavior? It leads to madness. We cannot please everyone, so we are setting ourselves up for failure. No matter how hard we try, how much we dance, we will always experience some disappointment and that disappointment can fall on how we feel about ourselves. We become the disappointment in our own eyes and feel overly responsible for everyone. This is the shame based reaction to people pleasing, which can be debilitating, distracting and leaves one in a constant state of feeling like a perpetrator.

The other possible direction would be the blame based reaction, in which we are left feeling like the victim. We bend over backwards, turn ourselves into pretzels to “take care” of everyone around us, and are left feeling like a martyr. This is because the gifts are not free. They have strings attached. “I did all of this, so you should...” Fill in the blank - “love me”, “appreciate me”, “treat me well”, “validate me” which sets up the other person to fail. People cannot read our minds, nor should they have to. This strategy is a very passive attempt to get needs met, and to fix something in the past which has little to do with the current players. It just doesn’t work. Over and over again we are left with more evidence of how people “really are”, and how right we are in our resentments.

This character defect is unsustainable, unrealistic, and unreliable. Overtime the energy of this will end up creating the very thing it is attempting to avoid. To people please is to practice self abandonment over and over again, which leads to self betrayal. This creates resentment, frustration, rage, and can very well end up being taken out on the very people we were attempting to please. It sets up everyone for chaos, due to the lack of clarity in which we are operating from.

So why do we do this?

Powerlessness. Just like all of our character defects - we have been practicing ways to feel safe, loved, and a part of. Defects are survival strategies for the moments we have felt unsafe, unseen, unheard and/or left with unmet needs. People pleasing, just like every other possible “defect” was invented, learned, and/or inherited as a way to compensate for what we have felt was deeply lacking. The truth is that it serves until it doesn’t - just like all the ways we unconsciously try to feel safe and get our needs met. We are all doing the best we can with the tools we have!

This leaves us with a powerful consideration of how to trade in our current tools for new ones. Awareness is always the first step. We must see and recognize our thoughts, beliefs and behaviors before we have any chance of transforming them. Acceptance is the second step - coming to terms with ourselves, the impact, the powerlessness, and the desire to change. This does not mean we accept that it will always be this way, however, what we resist persists. There are two ways to resist anything; Pretend it’s not happening, which allows it to continue, or to fight against it, which empowers us. Surrender and Acceptance go hand in hand. We acknowledge what is, that we have yet to have the power to change it within ourselves.

This leads to step three which is Action, and there are so many ways we can participate in this part of the process. We can lean into our Higher Power, the steps, outside help, meditation, deep processing which is getting to the historical wound in which the defect had been birthed, reaching out to others who have had success in healing this, and asking how they did it, finding healthy reference points of those who are not suffering in this way, the list goes on and on!! We live in a time in which MANY options are available to us.

Con’t Page 22

Vita Behavioral Health Drug & Alcohol Rehab Treatment



Family Wellness Therapy
Individual & Group Therapy
Medically Supervised Detox
Medically Assisted Treatment
Medical & Psychiatric Sessions
Grief & Trauma Work
Aftercare & Alumni Programs

Welcome to Our Family **Call 888-848-2234**

All PPO Insurance Accepted - Located in Van Nuys California

www.VitaBehavioral.com

Box Ad HERE for just \$100 per Month -
Because when your budget is limited...
your exposure **SHOULDN'T BE!**

Altadena Recovery Center California Non-Profit

626.765.6905

SERVICES: Outpatient Alcohol & Drug Treatment, Domestic Violence, Parenting, Anger Management, Drug & Alcohol Testing.

We accept PPO & Private Pay

3025 N. Lincoln Ave., Altadena, California

www.AltadenaRecoveryCenter.org



Better Care Within Reach

Affordable Upscale Premier Sober Living
And Addiction Recovery Housing in
Los Angeles & The San Fernando Valley

(818) 903-8440

• Intensive Outpatient Treatment Available
• A Professional Recording Studio On-Site!

ColorBlindRecovery.com



Sober Living Beds for both Men & Women

2132 N. Summit Ave.
Altadena, California, 91001

CALL TODAY!

626-534-2449

Jerome A. Mims

CELEBRATING OUR 50TH YEAR



Newly Renov
Silver Lake Hills
1773 Griffith Park Blvd., L.A. Calif.

Hosting (over 40) 12-step fellowships from
A-Z Mon-Sun. 7:30am to 10:pm. Plus Refuge
Recovery M-F at noon. We also host special
events. Free coffee. Literature for sale
upstairs in the AT Cafe. Contact us at:

www.ATCENTERLA.ORG



Jeff Schlund
Outreach Manager

Cell 626-372-4550

Direct 760-423-6728

Toll Free 855-348-7018

JSchlund@hazeldenBettyFord.org

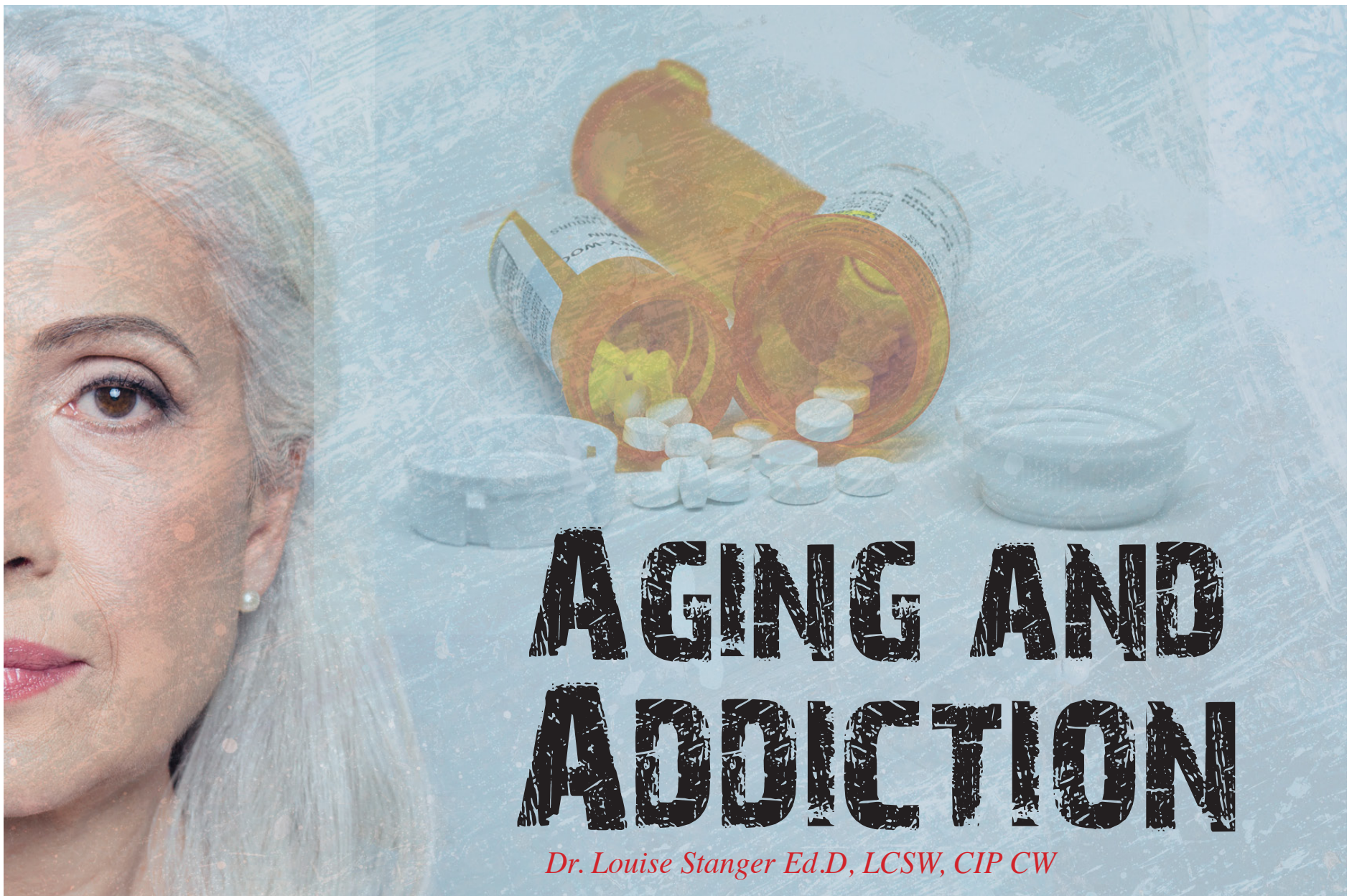
www.HazeldenBettyFord.org

www.Momentumsvcs.org



Recovery is Possible

Call 424.421.4068



Like the Snow White parable, sometimes we look in the mirror and hope to see the fairest of them all. Instead, aging takes its toll and we see a wrinkly face and lines around our eyes. I know inside I feel like I'm still thirty-five years old, yet the clock hands tell an older story...

Even though scientists claim 60 is the new 40 in part because of healthy living and medical breakthroughs, aging turns us from a well-oiled Corvette to a Model T Ford with creaks and groans. According to the Census Bureau, the baby boomer population - 78 million strong - will be over the age of 65 by the middle of the century. This means that 1 in 5 Americans will be a senior citizen - the largest group of older citizens in American history. With such a turn in demographics, it poses a challenging question for policymakers and behavioral health care professionals: how to take care of the aging population. More importantly, this population of aging Americans in particular are experiencing upward trends in substance abuse disorders. Alcohol is the most widely abused substance for Americans over the age of 50, while illicit and prescription drug use has spiked in recent years. In fact, elderly adults are hospitalized for alcohol problems as often as they are for heart attacks, according to the Champion Center - a treatment center for the elderly. These two forces - the graying of baby boomers, and increase in alcohol and other drugs amongst this group - are merging together and creating one of the fastest growing problems in our country.

There are a number of cultural trends, human behaviors, and gaps in the health-care system that have contributed to the rise of alcohol and other drug abuse amongst the graying population.

Aging adults experience life changes, sudden and otherwise, such as children growing up and moving away, death and loss of loved ones, and physical health issues like chronic pain, hip and knee replacements, etc. that compound over time. If movement and change are the precursors to growing old, it's no surprise the aging population is vulnerable to addiction.

However, it must be noted that the majority of the aging baby boomers who are admitted to treatment centers for substance abuse have been using illicit substances since their 20's and 30's. Now that they are in their 50's and 60's, they can no longer physically and mentally handle the effects of the substances on their bodies, and must seek out treatment. First responders noticed this trend during medical emergencies because up to 14% of elderly emergency room admissions are due to alcohol, or drug issues. "I think there is a tremendous denial that life is impermanent and we're not going to be here forever. So we [baby boomers] continue to live like we're in our 40s when we're definitely not," writes Patrick Arbore, the founder and director of the Center for Elderly Suicide Prevention, and Grief Related Services at the Institute on Aging based in San Francisco.

The effects of illicit drugs and alcohol on aging individuals are particularly harmful, because they can interfere with other common ailments like diabetes and depression, injuries can be much more severe, and these substances can cause problems when taken with other medications. With such complications, health-care providers may be less inclined to encourage treatment options. For example, an older patient who can no longer drive or walk up stairs may not be encouraged to attend A.A. meetings.

These issues raise questions about proper methods of treatment and efficacy in this population. And with 50% of people in nursing homes having alcohol-related issues, this is clearly an issue that is not going away.

Another issue that has contributed to this emerging epidemic is misdiagnosis. There are many reasons misdiagnosis occurs in this population, but perhaps the root cause is ageism. Since research is still being done on this growing issue. Doctors and health experts can sometimes overlook the signs that an aging person is experiencing a substance abuse disorder. After all it is believed the patient just wants to get "well", and giving pain medication as they heal is appropriate. As we have learned with the opioid crisis, many overlook that the health care system helped facilitate dependency due to over prescribing medications, and the older adult keeps taking more and more medication because "my doctor prescribed it for me." When they do diagnose correctly and advise treatment, some doctors and even family members believe quality of life will remain poor for the older individual because of their age, or see it as futile because "they won't be around much longer anyway." Ageism can also be seen in the interpersonal level - in the elderly person's family and friends. Many assumptions are made, including the assumption that there is no urgency to seek care for an aging loved one, because it's not seen as a severe problem the same way it is in younger adults, because many believe that's "just the way grandma is."

Shame and stigma play a role, relatives of aging individuals with a substance abuse disorder often times avoid the issue.

Or perhaps they dismiss it with a different quality of life standard for older individuals. "Grandmother's cocktails are the only thing that makes her happy," is a common way of explaining the problem according to the National Council on Alcoholism and Drug Dependence. These same assumptions and trends even affect elderly individuals who are experiencing death and loss, whether it be a spouse or friend, or other close family member. In fact, widowers over the age of 75 have the highest rate of alcohol addiction in the United States. And some - clinicians and families alike - even see treatment for addiction in the aging population as a waste of resources. This issue has come forth in the treatment facility community. For instance, entering a quick search for treatment facilities in your area will yield very few results for services that specialize in treatment for an individual over the age of sixty.

Even though there is evidence showing upward trends of substance abuse in the aging population, the issue remains largely invisible and goes under-diagnosed and under-treated, according to the National Center for Biotechnology Information on Substance Abuse Among Older Adults. The issue remains invisible because of the aforementioned misdiagnoses and cultural assumptions, as well as a lack of awareness. For example, a patient with a knee or hip replacement will take prescription opioids and could potentially develop an addiction. What started as a genuine pain management plan - compounded by life changes, other bodily ailments, genetic predisposition, etc. - turns into a serious problem. Add in the spiking opioid addiction problem due to overprescribing - 30% of prescriptions are for people 65 years of age and older - and it becomes clear that this is an issue affecting millions of aging Americans.

Lastly, social workers, doctors, behavioral health care professionals and caregivers may shy away from asking elderly patients if they use alcohol, and illicit substances. "I don't think service providers are used to asking someone age 65 if they're using illicit drugs. We need to make sure they are trained to ask," says Patrick Arbore. There's an assumption that aging Americans have passed this stage in their life. However, the only way light is shed on this issue is when caregivers are properly trained in this area, so that direct and honest care is given.

One of the key ways to highlight the issues surrounding the aging population and substance abuse is through teams of trained medical professionals. Social workers in particular - with their personal in-environment ecological approach - are well suited to take the lead in designing interdisciplinary multi-modal teams, trained in reducing the risks associated with aging and substance abuse disorders. Additionally, social workers can educate patients and clients as well as provide guidance to care providers on a wide variety of treatment options, to serve the growing need.

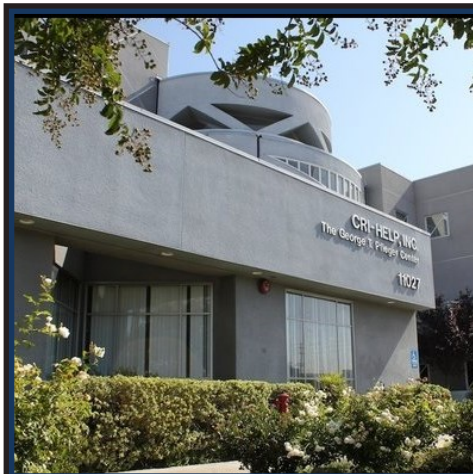
Treatment facilities, likewise, need to be visionary and vocal in the health-care community about expanding resources and treatment options available to this population. If you or an elderly loved one is experiencing addiction, it starts with recognizing this as a problem and seeking out the proper help. Treatment centers offer general support groups for all ages as well as peer groups for age-specific treatment options tailored to address many of the issues discussed above with the aging population. There are also Self-Help and 12-Step age-specific groups available, which help prevent relapse and play an integral part in support for long-term recovery.

*Dr. Louise Stanger - Speaker. Writer. Teacher. Educator. Interventionist. Dr. Louise Stanger Ed.D, LCSW, CIP CW received her bachelor's degree in English Literature from the University of Pittsburgh, her Masters in Social Work from San Diego State College and her Doctorate in Educational Leadership from the University of San Diego. Her book *Falling Up: A Memoir of Renewal* is available on Amazon and *Learn to Thrive - An Intervention Guidebook* is available on her website www.allaboutinterventions.com*



Dr. Stanger has over 30 years' experience as a college professor, researcher with over 5 million dollars of grants, and licensed clinician working with families and individuals who experience substance abuse and mental health disorders. Louise is grateful and loves the energy and collaborative spirit shown by the professional community in their goals to reduce the harm associated with substance abuse. With tireless energy she continues to contribute to the field through clinical interventions, public speaking, family recovery coaching, training and research.

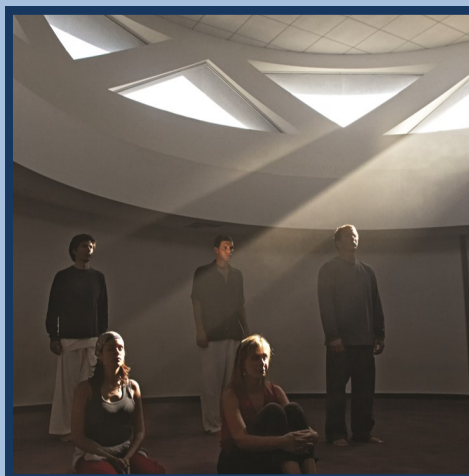
*Resources For more on Alcohol, Drug Dependence and Seniors and the signs to look for if you suspect your aging loved one is experiencing a substance abuse disorder, visit the National Council on Alcoholism and Drug Dependence www.ncadd.org For a look at *The Changing Face of Older Adult Substance Abuse*, visit the *Social Work Today* www.socialworktoday.com. Visit the *Psychiatric Times* website for more on *Substance Abuse in Aging and Elderly Adults*. www.PsychiatricTimes.com.*



"CRI-Help didn't change my life,
CRI-Help gave me a life." - Mary G.

We are dedicated to providing affordable, effective treatment of addiction for individuals and their families. We are proud to offer a full continuum of addiction treatment options, including detoxification, residential, day treatment, outpatient and drug-free living homes at our facilities located in North Hollywood and East Los Angeles. Our treatment programs include the following services:

- Gender-specific groups
- Family support & education
- Co-occurring disorders treatment
- Grief counseling
- Individual & couples therapy
- Neurofeedback
- Intro to meditation & yoga
- Offsite 12-Step meetings



800-413-7660 • cri-help.org

CRI-Help is fully licensed and certified by the state of California and is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF).

ADDICTS
HELPING
ADDICTS
SINCE 1971



SAVE THE DATE

Friday JULY 19TH, 2019

5th Annual Awards & Anniversary Dinner

Join us in Presenting the award of
“Outstanding Contributions
to the Recovery Community”



to
Danny Trejo - Actor / Producer
&
Lynne Pedersen of One Recovery

Made possible in part by our generous sponsors

www.MiraclesinAction.info
Miracles in Action
818-429-9103

www.HarmonyPlace.com


HARMONY
— PLACE —
855-995-0808

www.IrisHealingRetreat.com


IRIS
HEALING RETREAT
Admissions (844) 663-4747

Limited Sponsorships Available • Tickets On Sale \$100 Per Person



WHY I ADVOCATE FOR GAMBLING RECOVERY

Why do I advocate? Why do I not remain anonymous? I've asked myself whether I'm looking for fame or status? I've pondered whether I want to gain more Facebook "likes" and followers. The conclusion I come to again and again is absolutely not. What moves me to not being anonymous is that one in five addicted gamblers try suicide.

I advocate because I have maintained recovery from addicted gambling for just over twelve years and I want to share my personal experience, strength, and hope with others as a form of "Paying It Forward" to folks who may be in the same place I was years ago. I was hopeless, broken, sick and giving up on life. That is what the disease of addiction can do to you. It breaks you down until one day you look in the mirror and do not recognize the person you are looking at.

I was a shell of a person. I felt like an empty body. I no longer felt anything. I couldn't feel love, caring, humor or laughter anymore. I was barely breathing. Nothing mattered to me except when and where I was going to gamble again. Where and how could I get the money to do so? Would I have to pawn or sell more valuables? Would I have to lie to get more money? Would I have to steal money out of my husband's wallet again? I still recall the day that my life changed. It was the day I learned about the video poker machines that were everywhere in Southern Oregon where I had lived for over 25 years. That is where I met and married my husband and began a family and started to have a great career. Little did I know that one day my life would shatter into pieces.

I used to go to this little deli with my best friend who had just moved to Oregon to begin a new life as I did years prior. We would go to that deli to have lunch together on Saturday's. I happen to walk over to refill my soda one day when I saw a retired older man I'd seen there at the deli with a couple of his retired buddies also having lunch, many times before. He was playing a poker game on the machine called "Flush Fever." He was doing pretty well on the machine. He was up on the game about a couple of hundred dollars. I watched a few minutes. He cashed out his ticket and then put a five dollar bill in and off the machine went! He got right into another bonus. So I asked what he was playing? He replied "Flush Fever." It looked rather fun, so I sat down on the machine next to him. I put a five dollar bill in and BAM! I also got into a bonus right away. Here is what I never forgot that would change my life. As he got up from his poker machine, he leaned into my ear and said to me, "you make sure you cash out and take their money home with you. I'd feel bad if you got hooked on these damn machines." I never did see the retired guy and his friends again after that day. If he only knew the Hell I went through in my gambling addiction for the next eleven years after that day.

So today, I recover out loud. Like I did at Big Jim's event. I advocate sharing a message of hope to those who are feeling hopeless, broken, lost, and are having feelings of "no way out" of the black hole we dig ourselves into, because of our gambling addiction. This is why I was honored to be a part of Big Jim's Ride, last month with some special recovery guest keynote speakers. Many have been recovery supporters of mine, and I met new friends too here at the State Capitol Event in Phoenix, Arizona.

This was one of the most amazing days of my recovery journey thus far! We all came together in unity and caring for those still suffering from all addictions. Big Jim had the fantastic "Beast" former NFL Tampa Bay Buc #60, Randy Grimes and his wife Lydia attend. Lydia was so sweet and has a caring soul, and both she and Randy have a huge heart. I was elated, and I look forward to many years of friendship with them. I was more than excited to finally meet and spend time with Big Jim and Marisol, BFF! Simply a fantastic few days with them and NOT long enough. Lol. So I plan to continue to push through my fear of speaking and my agoraphobia due to the several "peep talks" I got from Big Jim and my hubby to make some other of Big Jim's events!!

All the days and the event for Jim are hard to describe. I felt like I was floating on air from all the love and support from everyone! I will keep all the memories in my heart forever. All I can say is the whole event and meeting everyone like Darren Prince, singer/artist and Jackson Pierce were all 'Recovery Blessings given by GOD,' and I will always treasure them and keep them close. They will help keep me in my recovery and continue to "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, Facing Addiction.org and Heroes in Recovery.com. She is also a member of Big Jim's team helping others who are suffering and need help. For info 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.



Join **BIG JIM** at his next stop on his *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 May 2019

May 3rd, 2019 - 4 PM - Santa Fe, New Mexico State Capitol.

SPECIAL SPEAKER EVENT FOR Riverton, Wyoming May 6th, 2019 - 4 PM - State Capitol & Evening Speaking Event at Riverton Hotel & Resort - With Big Jim Downs & The Ride 4 Addiction Awareness. Special Guest Speakers, Big Jim Downs, Marisol Lozano, Author/Advocate, Catherine Lyon, Dave Wheeler & Higgs of No More Heroin Org.

May 17th, 2019 - 4 PM - Salt Lake City, Utah - State Capitol,
 May 24th, 2019 - 4 PM - Boise, Idaho - State Capitol,
 May 31st, 2019 - 4 PM - Reno Nevada - State Capitol

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

Be a sponsor by contacting Marisol Lozano
 Email: lozanomarisol2627@gmail.com
 Phone: 423-364-7856
 For more information or to contribute visit:
www.BigJimsWalk.com

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





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: starts at 6:30pm on HD 10ft. Screen w/ surround sound, New episodes of "STAR TREK: Discovery". Then "RU PAUL'S DRAG RACE" at 7:30pm following Star Trek. And 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 & chips with literature for sale upstairs in the AT Cafe. More info: www.atcenterla.org, (323) 663-8882. (5p-9p) 1773 Griffith Park Blvd, Los Angeles, CA 90026.

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.

THURSDAY MAY 9TH, 2019: The City of Port Hueneme, in association with the City of Oxnard and California State University Channel Islands, proudly presents the documentary premiere by Christian Ramirez, Humanizing The Homelessness Town Hall. Thursday May 9th, at 3pm, at the Oxnard Performing Arts Center, 800 Hobson Way, Oxnard CA 93030.

FRIDAY MAY 24TH TO SUNDAY MAY 26TH, 2019: 29th Spring Conference – The "Woodstock" of AA – Orlando, Florida at the DoubleTree Orlando East – UCF, 12125 High Tech Ave., Orlando, FL 32817. www.serenityclubswfl.org

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

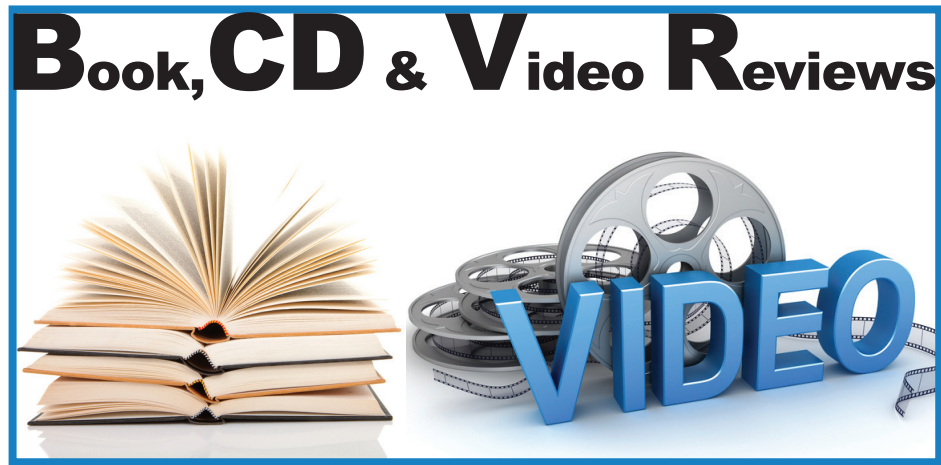
San Fernando Valley Central Office

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



NAUTILUS GOLD AWARD WINNER "WINDS OF SPIRITS" ANCIENT WISDOM TOOLS FOR NAVIGATING RELATIONSHIPS, HEALTH, AND THE DIVINE. Written by Renee Baribeau. Published by Hay House, Inc.

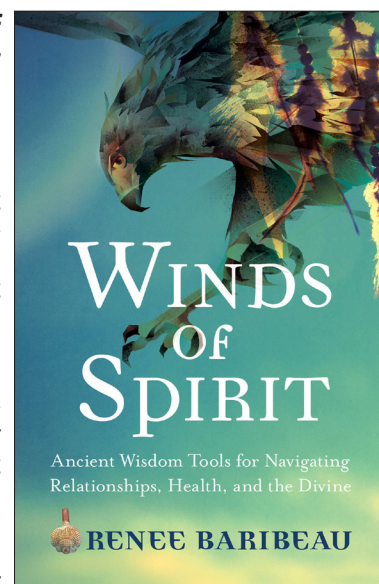
This is a book of practiced wisdom, Renee Baribeau incorporates the mysteries of wind, power and allowing self to reconnect with its original purpose of being a part of nature's beauty. Wind is mentioned in the scriptures numerous times: John 3:8 "The wind blows where it wishes, and you hear it's sound, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."

We are mind, body and spirit, and this book reveals to us the potentially positive forces such as: healing, cleansing, empowering, and loving that wind produces in our lives. This is a must read, Renee "knocked this one out of the park."

Winds of Spirit won the 2018 Nautilus Gold Award in Religion / Spirituality of Other Traditions: The Nautilus Awards represents Better Books for a Better World, their core mission is to celebrate and honor books that support conscious living & green values, high-level wellness, positive social change and social justice, and spiritual growth. This is a very big deal - Congratulations Renee.

As a writer, Renee is a featured contributing blogger for Elephant Journal. Renee has also contributed chapters to the anthologies Pearls of Wisdom: 30 Inspirational Ideas to Live Your Best Life Now (Hierophant Publishing, 2012) and The Five Principles of Everything (Five Birds Publishing, 2012). She makes her home in the California Desert, and Whidbey Island.

Here are additional awards won by Renee Baribeau. This book is available at Amazon.com



A Happier Hour. Written by Rebecca Weller. Published by Mod by Dom, Perth.

If you drink regularly and you are sure that you do not have a problem, you should read this book. This book's target audience are people who believe just because they are not passing out, having blackouts and/or waking up wondering where they are, think their drinking is not a problem. They may not be facing the fact that maybe they should re-evaluate if they are drinking way too much.

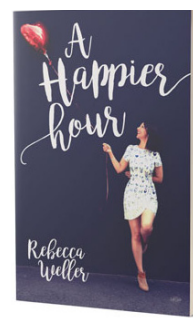
This book may impact you so much that you'll try sobriety for a season or few. It could possibly change your life, and at the same time save you a lot of money.

"A Happier Hour" is the outline of darkness to light, giving us a very thoughtful and honest look at the impact of alcohol on our lives, and the lives of our family and/or other loved ones. In particular it allows us to see how hard it can be to live in a culture where alcohol is so readily accepted as the norm.

Rebecca is honest and real. She felt and knew there was a better way, not only to live, but to create abundance, and to live a life full of joy, without shame or regret. Rebecca did not know how to start a life on the road of sobriety. And once on the path to sobriety she didn't know how to socialize without her ever present glass of comfort. She tells her story in layman terms without all the scientific jargon. She inspires you. She is real and down to earth. She will make you tear up on one page and laugh on the next.

This book is a great read, and it is entertaining, but has depth at the same time. You may find some points of connection in it. Take the time to read this book, it's worth it. 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.



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](http://www.soberdayla.com) • www.sober-link.com

NOVA STORAGE V.I.P. PRINTING Bricell Catering
 PANORAMA CITY - VAN NUYS SPRING FESTIVAL
 DEL ANGEL FUNERARIA El Aviso DIRECTV
 LA BEAR GOURMET TAMALES

The City of Port Hueneme, in association with the City of Oxnard and California State University Channel Islands proudly presents...

Humanizing Homelessness Town Hall

Documentary premiere by Christian Ramirez.
 Presentation of research by CSUCI Sociology students.
 Panel featuring: Ninna Castellano, Commander Kevin Baysinger, Housing Director Emilio Ramirez, Chief Andrew Salinas, Lang Martinez and Abel Magaña.

Oxnard Performing Arts Center
 800 Hobson Way, Oxnard CA 93030
 May 9th. Thursday at 3:00pm

RSVP at: <http://townhalloxnard.rsvpify.com>
 by May 5th.
 Event is open to the public!

Questions? Email garcia416angel@gmail.com



CONCERT FOR RECOVERY

HONORING

Macklemore

MAY 16
LOS ANGELES

PRESENTED BY
amazon music

For more information visit musicares.org or contact wynniewynn@musicares.org

Proceeds from the Concert For Recovery help MusiCares' efforts as a leading force in addressing addiction issues in our industry.



Classified Ads

Classified Ads

HELP WANTED

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@shareselfhelp.org. See more info at www.shareselfhelp.org. Under Programs/Jobs.

NEW SOBER LIVING FOR WOMEN: Looking to hire a female house manager, with a minimum of 2 years clean and sober. Experience is a plus. Opening May - June Affordable Beautiful and Luxurious Home. 3000 Square Foot home on a 1/2 acre. Near Balboa & Van Owen in the San Fernando Valley. Zero Tolerance for Drugs or Alcohol. Contact Ron H. (9-10-76) at (818) 298-6100.

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.

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.

COLOR BLIND: Better care within reach. Affordable, upscale, premier Sober Living in Los Angeles & the San Fernando Valley. Intensive outpatient treatment available, professional recording studio on-site! ColorBlindRecovery.com. (818) 903-8440.

SOBER LIVINGS

I AM TREATMENT SANCTUARY: Sober living available after treatment. 12 Step Meetings, Life Skills, Located in San Marino, California www.IamTreatmentSanctuary.com (833) 600-5817.

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

NEW SOBER LIVING FOR WOMEN: Opening May - June Affordable Beautiful and Luxurious Home. 3000 Square Foot home on a 1/2 acre. Near Balboa & Van Owen in the San Fernando Valley. Zero Tolerance for Drugs or Alcohol. Contact Ron H. (9-10-76) for more information call (818) 298-6100.

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.

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.

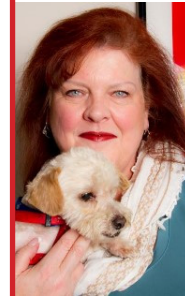
ROMEY'S RECOVERY HOUSES, LLC: Sober Living Beds for both Men & Women. Altadena, California. (626) 534-2449.

MOMENTUM SOBER LIVING: Beverly Hills. Recovery is possible. Call (424) 421-4068. www.Momentumsvcs.org.

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, on site AA meeting for Clients, and much MUCH more! Located at 6301 Cahuenga Blvd., North Hollywood, CA. 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.

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

Dee Baldus
818-742-1100



Animal Transport, Boarding & Day Care

itsddb@gmail.com

www.AnythingsPaws-able.com

EASY Does It

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

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., #200 Agoura Hills. 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

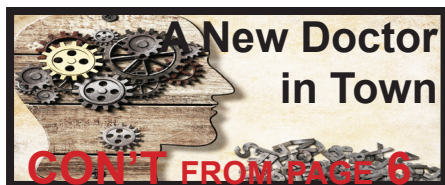
HEP C / HIV / AIDS INFORMATION

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

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

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

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



"If you want to keep it, you'll have to give it away."

"You grow, or you go."

Years ago, I heard someone say that if you got a horse thief sober, all you had was a sober horse thief. I didn't understand what this meant. I thought if someone got sober, everything would be perfect. All of their problems would go away and life would be a magical Disneyland.

I got sober, but a lot of old ideas were influencing me. I still believed I was entitled to more than other people. Getting a normal job was too mediocre. My sense of entitlement continued to lead me down the wrong path, and to minimize or cancel out the good things others were giving to me. I was more miserable than when I was drinking.

My sponsor told me I was refusing to recover. Putting the plug in the jug without changing anything else made me just another sober horse thief. He also gave me a book on being a dry drunk, but I resented the fact that he had diagnosed me so perfectly. He explained that recovery meant growing past my Old Self.

As I slowly began to work on my anger and other issues, I finally realized "You grow, or you go." The winners practice a healthy addiction to personal growth, and finding the spiritual in everyday life.

Dr. Weyand studied at CSUN where he graduated Magna Cum Laude. He then studied Counseling Psychology at the Doctorate level at USC. He is also a graduate of the Addiction Studies program at Pierce College.

Dr. Weyand has 30+ years of experience working in recovery and behavioral healthcare. He began his career at Woodview Calabasas Psychiatric Hospital as the Asst. Administrator, and Director of Community Services. He was Director of the Adult Unit at Van Nuys Psychiatric Hospital for over 10 years. For an appointment or consultations, call him at (818) 341-0283 or (818) 800-4814. Website: doctorclint.net.

Dr. Weyand is now writing a new book, "Existential Recovery". If you have any thoughts or ideas about this book, please send them to deecoop@att.net We welcome your input.

They will not appreciate taking their time to give you a solution that you did not intend to use.

WHEN AN ANSWER IS REJECTED: For some people, they may question their suggestions and directions, judging them as inadequate because you didn't follow through when they hear you asking the same question that you asked them just yesterday.

Whether it is justified that they internalize this rejection of their suggestions, it happens. And it had nothing to do with their advice so much as your reluctance to follow through.

USE THE ANSWERS: When my mentor asked me if I was through wasting time in my early recovery, I initially took offense. However, when I reflected on how much time, energy and effort I put into getting and using, I realized that I had squandered those things.

So, another way to look at Shopping for Answers is to realize how much time, energy, and effort you are putting into counterproductive actions when you merely Shop for Answers instead of using the resources.

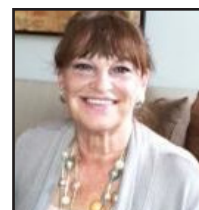
Rather than wasting these resources and continuing with self-defeating behaviors, use the information given to you. Evaluate the suggestions and directions given you by peers, your support people, sponsor/accountability partner, facilitator, or counselor to decide if the directions, suggestions, or actions recommended have merit. And don't necessarily spend a lot of time judging the messenger by whether you like them or dislike them, but listen to the message. After all, recovery suggestions and directions have been around for more than 70 years, so the information on how to recover is proven.

Writing, and recovery heals the heart.

Originally published as a Personal Discovery Guide from Therapeutic Integrated Educational Recovery System (TIERS) by Marilyn Davis. To learn more about TIERS and how it would help your facility or recovery clients, contact her at FromAddict2Advocatesubmissions@yahoo.com with TIERS work products in the subject line.

Care to share your pearls of wisdom with the readers at From Addict 2 Advocate? How you say something is just as important as someone else. Send your submissions or ideas to FromAddict2Advocatesubmissions@yahoo.com

Marilyn L. Davis is a Certified Addiction Recovery Empowerment Specialist, who opened and ran an award winning residential facility from 1990-2011. She recently celebrated 27 years of abstinence-based recovery. She is the author of Therapeutic Integrated Educational Recovery System, and her blog is FromAddict2Advocate. In 2008, Brenau University created the Marilyn Davis Community Service Learning Award, ongoing to honor individuals working in recovery and mental health. In 2010, Marilyn received the Liberty Bell award, given to non-judges and attorneys for contributions to the criminal justice system and communities. www.twodropsforkat.wordpress.com



House in the Hills

Transitional / Sober Living for Women in Recovery In Woodland Hills, Calif.

818.264.8545

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





We do not have to stay "sick" - we truly can live Happy, Joyous and Free.

If you find that in this way, you are not quite free... we understand. Even after all these years of healing, we too, are working on the deeper layers of this one. It runs deep, especially when we carry trauma. Many of us have been trained in dysfunction, and it is so important to do the best we can to be loving, kind and gentle with ourselves as we continue to excavate the pain that we carry. Being on the path, and doing your best is good enough. YOU ARE GOOD ENOUGH. The more we clear out these places that are suffering, we let go of more of who we are NOT, and remember more of who we ARE.

Thank you for being a brave warrior on the path.

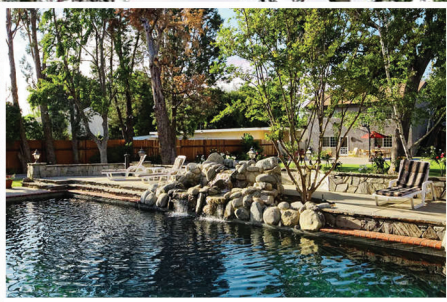
We love you.

Keep up the great work!

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

It's time to
MAKE CHANGES TO YOUR LIFE.
TALK TO US.



BEYOND EXCEPTIONAL treatment

This is our promise to you.

Start your healing journey in a
**private residential setting Located in
Walnut Acres area of Woodland Hills, California.**

A relaxing atmosphere, close to nature,
to reset your mind and body

THERE IS HOPE. CALL NOW

855-995-0808

End Your Addiction Today

We accept most insurance
www.harmonyplace.com

HARMONY PLACE DETOX, RESIDENTIAL & IOP ADDICTION TREATMENT OF SOUTHERN CALIFORNIA

- One on One Therapy
- Family Therapy
- Evidenced Based Treatment
- Equine Therapy
- Gender-Specific Transitional Living
- Group Therapy
- Brain Recovery
- Healthy Cuisine
- Yoga
- Massage
- Acupuncture



NATIONAL ASSOCIATION
OF
ADDICTION TREATMENT PROVIDERS

Voice. Vision. Leadership.



ONE MORE TIME IS ALL IT TAKES



Treatment Centers of California

IWantToLiveAgain.com

(800) 467-5953