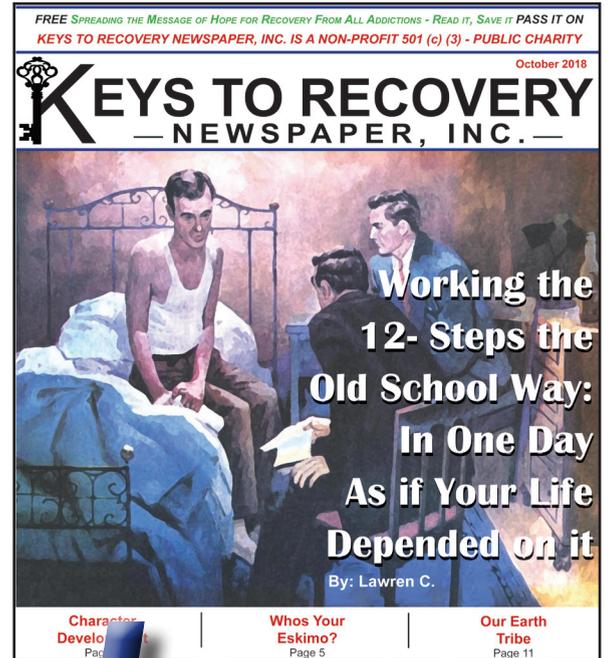
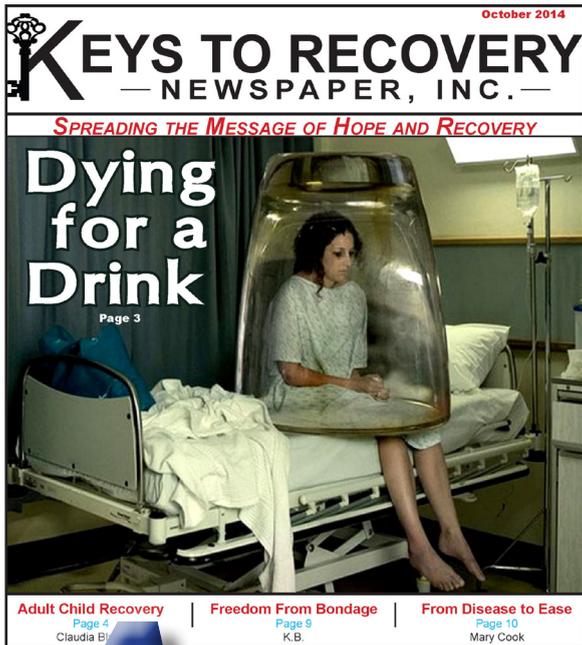


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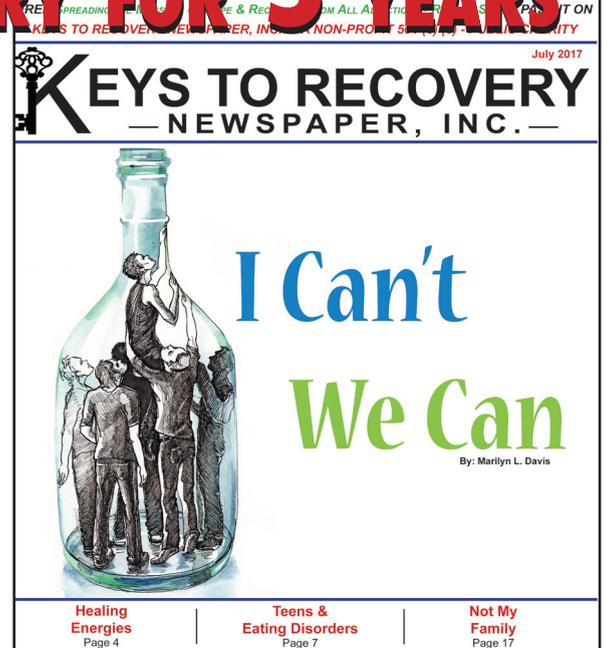
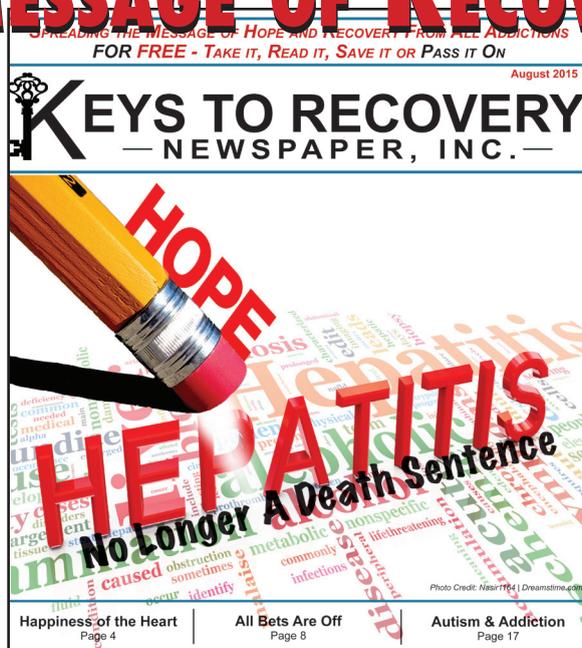
July 2019

KEYS TO RECOVERY — NEWSPAPER, INC. —



ANNIVERSARY ISSUE

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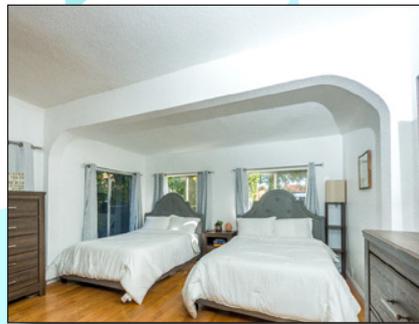
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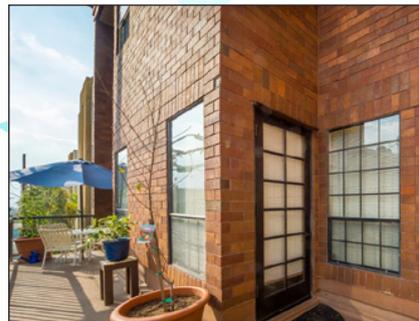


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Visit our website for more detailed information on Keys to Recovery Newspaper.



July 2019 marks our fifth year anniversary, and we are amazed once again at the support and love that has been shown to us here at Keys to Recovery Newspaper. I would like to dedicate this issue to Jason Levin. I miss you. Every year I remember why we started doing what we do. Which is why I reprinted the following:

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 501(c)3 non-profit entity.

*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.*

One of the main populations we are trying to reach are individuals currently in jails or other types of institutions, and offer them information that will assist in their future recovery. This is why we choose to focus on our printed newspaper, trying to reach people who do not have access to on-line information.

We are educating our communities about alcoholism, drug addiction, eating disorders, gambling addiction, homelessness, mental health issues, domestic violence and so much more. We also print, at no charge, a 2-page resource guide listing free services and vital help offered within the communities. Our newspaper is filled with columns from today's top experts in the recovery field.

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 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. I love the 12-steps and living in a world where I have a purpose. I have a passion to help the helpless.

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

Hello to one and all, thank you for joining us while we express our remembrances monthly. I'm always surprised how fast each year goes by, these past months have been filled with joy and excitement, along with sadness and loss. Jeannie and I attended the memorial of our dear friend Michele T., Jeannie mentioned her last month in her editor's column. She will be greatly missed, Michele would say "This is the Best Day Ever," those words will always be remembered in my heart. I have the privilege to be part of an incredible community of individuals, who exhibit selflessness throughout each day working with those struggling with their addictions and/or disorders.

This month my wife and I will host our 5th Year Anniversary/Awards Dinner at the Luxe Hotel, honoring this year's recipients Danny Trejo and Lynne Pedersen with awards for "Outstanding Contributions to the Recovery Community." We always have such a great gathering of individuals from throughout the recovery arena, the room will be filled with some of the most compassionate people that one could ever meet. Another milestones in July, marks the 5th year that Jeannie and I were blessed enough to be able to purchase our home.

We here at Keys to Recovery truly appreciate everyone, from our readers to our writers, and all of our advertisers. All of us play an intricate role in the recovery community, we are blessed to have each of you as a part of our life. I want to take a moment to acknowledge all of those from the recovery community who are no longer with us, may they and their families now have peace. As each of us trudge this road of happy destiny, let us try to remember everyone who has helped us large and small. There were times when even a few words of encouragement, helped us to get through that particular day. Not to mention, when we were physically, emotionally and spiritually uplifted by our fellow men and women in recovery. The recovery community puts aside their individual differences, and meet each other on an equal level of respect and understanding.

We want to thank you for joining us during these times of realizing how fortunate we are, to have been given another chance to become who we were meant to be. Until we come together again searching for understanding and answers, may God bless us all. - **Marcus Marshall, Vice President & Cofounder**



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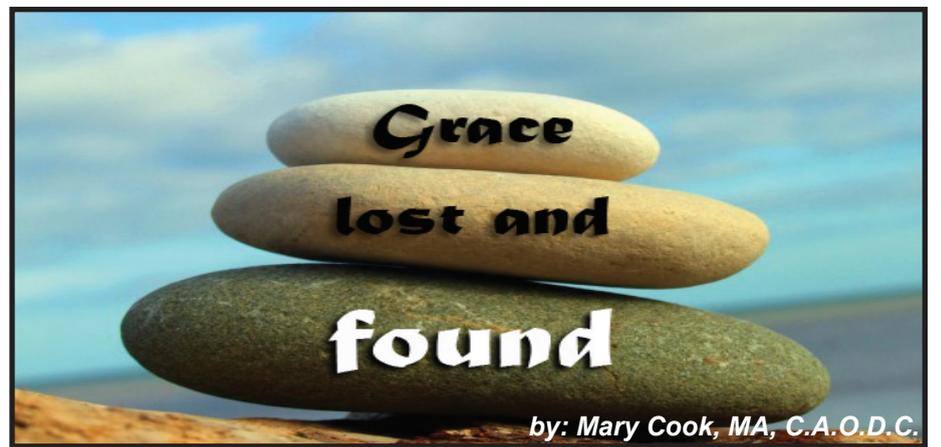
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by: Mary Cook, MA, C.A.O.D.C.

KINSHIP

We are a part of this amazing universe. Why do we think we should manage it? What happens if we are fully present to this moment rather than judging it, or imposing past or future onto it? What if we stop filling up every moment and let moments fill us? What if we observe rather than obscure? What if we care rather than conquer? What if we live from what is necessary to our true nature rather than from what is inconsequential? What if we become benevolent in our relationship with life rather than barbaric?

Living from the habits of our fears and wishes denies kinship with self and others. When we are controlled by forces of fear and promises of power, we become the jailer and the jailed, the blamer and the blamed. We seek validation, act from obligation, and allow defenses, distractions, obsessions and possessions to define us. We project what we hate and fear within us onto others, and become bullies and murderers. Or we assume the worst is in all of us, and become shadows kneeling at the altar of our shame.

Addictions narrow our focus to the ego's endless escalating desires. Through this constricted lens there is no mystery or reverence for life, only greed, fear, and anger. There is no guiding wisdom in addictions, for true wisdom arises from observation, exploration, open mindedness and humility, not the false pride of arrogance nor its demand for blind obedience. There is no love in addictions, for love is expansive, inclusive, illuminating, and liberating, not possessive, selfish, controlling, nor oppressive. There is no peace in addictions, for peace comes from acceptance, personal integrity, and faith, not apathy, denial, nor obliviousness.

How do we find the seed of us and the source of us? We need to surrender the false beliefs and behaviors of personal betrayal and spiritual separation. We were created whole, and only if we open to the wholeness of life, will we find our deepest truths and treasures. We cannot isolate any part of a tree and define it as a whole tree. Nor can a whole tree exist without all the elements that contribute to its' germination and growth. Nor can a tree exist without giving back to these elements and surrounding life. As humans living in wholeness, we are both students and stewards on this precious planet.

Hatred and hostility, fear and futility are symptoms of separation from the kinship that can sustain and nourish us. We must clear madness from our minds, hurt from our heart, burdens from our body, and shadows from our spirit, in order to savor and celebrate life. We cannot experience prosperity without generosity, nor happiness without gratitude. We cannot experience love as separate from ourselves, as it is intrinsic to life. We can remain on the path of past patterns and perceptions, or we can move into the space of possibility and create from the clarity of an open mind, heart, body, and spirit.

One day at a time we let the hard shell surrounding our true self break open, and we compassionately contain, understand, and ultimately transform the pain hiding behind it. We reach out toward positive connections and our therapeutic community, for we cannot heal in isolation, but only in collaboration with others' suffering and healing. We practice deep listening to hear all of what is being communicated through words, actions, feelings, and presence. Deeper meanings are revealed through courage, curiosity, acceptance, and appreciation. The more we open to ourselves and each other, the more our awareness of all of life expands. We understand that to live as fully as possible, we must nurture life as fully as possible. Kinship is experiencing and positively contributing to the amazing diversity of life that is within us, and our universe.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified addictions treatment counselor in private practice. She has 43 years of clinical and teaching experience. Mary is available for telephone and office consultations. 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 Amazoncom





by: Darrell Fusaro

THE ONLY THING HOLDING YOU BACK

“Remind yourself constantly that you have nothing to deal with but your own thoughts.”
 – Emmet Fox

I can't change people or circumstances with worry or will-power, but prayer does the trick. Prayer does this by first changing me. It changes me by bringing my mind back into harmony with the positive stream of Life. As I experience peace and joy within, I meet it in my circumstances. As I change for the better, people change for the better, things change for the better.

Every good thought is in harmony with the great Whole, and sets forces in motion to bring about incredible good fortune. There is no truth to any thought or belief of limitation. That's why thoughts and beliefs of limitation feel bad. It's an indication that our thinking is going in the wrong direction.

Thoughts, like birds of a feather, flock together. This is great news when our thoughts are of love, prosperity, joy, health, and success because they attract more of the same. That's living in faith. Faithful thinking feels great. It gives us a sense of joyous expectancy that brings the good we desire into our lives by the Law of Attraction.

Unfortunately, the same goes for fearful thinking, aka morbid expectancy. Once a thought of fear, doubt or worry creeps in it attracts more of the same. Although you can't keep the birds from sitting in your tree, you can keep them from building a nest.

I must shoo away these thoughts as soon as they enter my mind before more come to roost. Believe it or not, I once had the insane notion that if I wasn't worrying about my problems then I wasn't dealing with them. The very opposite is true: worry is praying for what you do not want to happen. So, the immediate need is to hit the mental delete button as soon as one of these unfriendly thoughts pops into your mind.

A few weeks ago a backyard fence had to be replaced on a rental property we own. This meant tearing down the existing fence, which would leave the yard open for twenty-four hours. I was somewhat concerned because our tenants had a dog with doggy-door access to the yard. I knew this would be an inconvenience for them. I was able to cast that concern aside by reassuring myself that it would just be a twenty-four hour job. By sundown the posts were all set in concrete and left to harden overnight. The next day the fence would be up lickety-split.

At 4:00 AM the sound of pouring rain woke me up. Oh no. What about the concrete? Are the posts tipping over? I can't believe it's pouring. What if all the posts need to be reset? What about the tenant's dog? What about the tenants? Will they be upset? What if the rain doesn't let up? This is going to cost even more than anticipated! The thoughts of dread were swooping into my head. I'd shoo one away and another would swoop in.

I told myself, they're only thoughts, but the fear-based problem solving had already begun. That awful mental juggernaut of worry and scheming was keeping me tossing and turning. Thank goodness for prayer, because without it I'd be overwhelmed. With prayer my problems got solved with effortlessness and ease. I asked God to relieve me of this bondage of self-imposed nonsense. I knew all I needed was a refreshing new thought. The thought came, "Joy is the strength of the Lord."

How could I get my mind to click over to a joyful trusting state? The answer came; pray for all the parties involved to be joyful, happy and in love with their lives. As soon as I began to imagine everyone involved, including the dog, and even my bank account joyful and happy, my mental hands let go of the steering wheel. I felt at peace. I fell back to sleep confident that in God's hands all would be well. Faith, aka joyous expectancy, had returned.

I woke up to a bright sunny day and work resumed as scheduled. Miraculously, the concrete hardened in spite of the rain. The posts remained perfectly level. No additional costs were incurred. My tenants, the contractor, and even the dog were happy with a job well done.

Although letting go of unfriendly thoughts can be a struggle for a grown-up guy like me, first graders have no problem with it at all.

I know this because recently I made a creature for a first grade class I do art activities with. I named it the "Argerverschlinger" (pronounced air-ger-ver-schling-er). To get the joy flowing right from the onset, it's named after a silly sounding compound German word meaning, problem-devourer.

Con't Page 22

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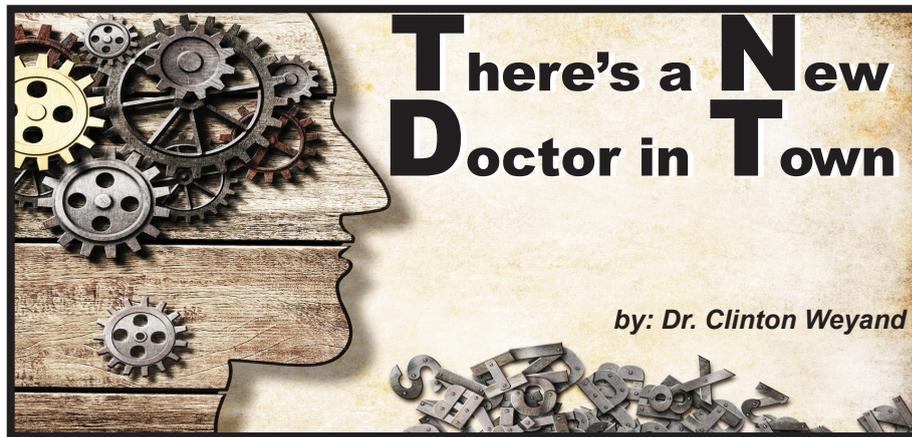
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by: Dr. Clinton Weyand

THE COURAGE TO HOPE

HOPE: Anticipation, expectancy, longing. The message of all twelve-step recovery is a message of hope, and that there is a solution. Hope is the belief that no matter how bad matters seem at present, there is a way for one's situation to improve; that all is not lost. Central Recovery Press

Hope is a permanent force in every person, a driving power. We agree when we look at ourselves and at human history, we may wonder why it is so seldom that philosophers, pilgrims, and theologians speak about it and its roots. Many people devalue hope by calling it wishful thinking or utopian fantasy.

Nobody can live without hope, even under the worst of conditions, even in poverty, sickness and social failure. Without hope, the tension of our life toward the future would vanish, and with it, life itself. We would end in despair, a word that originally meant "without hope", or in deadly indifference.

Therefore, do we have a right to hope? Even against the transitoriness of everything that is? Even against the reality of chronic addiction and death?

There is something else that makes hope so difficult. Hope is easy for every fool, but hard for the wise one. Everybody can lose himself in foolish hopes, but genuine hope is something rare and great. What is the difference between genuine and foolish hope?

Where there is genuine hope, there is already some presence. In some way, the hoped for is at the same time here, and not here. It is here as a power, which drives those who hope into the future.

So it is with the child and our hope for his maturing; we hope, because maturing has already begun, but we don't know how far it will go. We hope for the fulfillment of our work, it is already in us as a vision. We hope for a lasting love, because we feel the power of this love present. But it is hope, not certainty.

We experience the presence of the eternal in us and in our world here and now. We experience it in moments of silence and in hours of creativity. We experience it in the conflicts of our conscience and in the hours of peace with ourselves, we experience it in the unconditional seriousness of morality and in the ecstasy of love. We experience it when we discover a lasting truth and feel the need for a great sacrifice. We experience it in moments in which we feel: this is a holy place, a holy thing, a holy person, a sacred time; it transcends the ordinary experience. It gives more and demands more. It shows me that my finitude, my transitoriness, my being, surrendered to the flux of things, is only one side of my being and that people are both in and above finitude.

And now the importance of community in recovery and the world: participation in the eternal is not given to the separated individual. It is given to those in unity with all others, with everything living, and with everything that has being and is rooted in the divine ground of being. All powers of creation are in us and we are in them. We do not hope for us alone or for those alone who share our hope; we hope also for those who had and have no hope, for those whose hopes for this life remain unfulfilled, for those who are disappointed and indifferent, for those who despair of life and even for those who have hurt or destroyed life. Certainly, if we could only hope each for himself, it would be a poor and foolish hope. Eternity is the ground and aim of every being, for God shall be all in all.

I came into the program with so much fear. I didn't even know how much fear dominated my life, because I used drugs, alcohol, food, sex and people—anything I could to hide from it. As I began to get clean and sober, the suffocating fear bubbled to the surface and quickly manifested itself as anger, rage, irritability, discomfort, and depression.

I was amazed when people shared in meetings about how they walked through real life, and really scary stuff, without drinking. They had experienced the deaths of those near to them, they lost jobs, houses, spouses, their own health, and more. These things would have devastated me. Where did they get the strength to face all this with peace, courage, and even grace?

Today, I know this courage comes from God. I've discovered from watching others, and through my own experience of letting God lead me through my own difficulties, that I can also face life on life's terms and go through my own challenges with serenity and courage. Today, I rely on God to lead me through the things He leads me to.

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.

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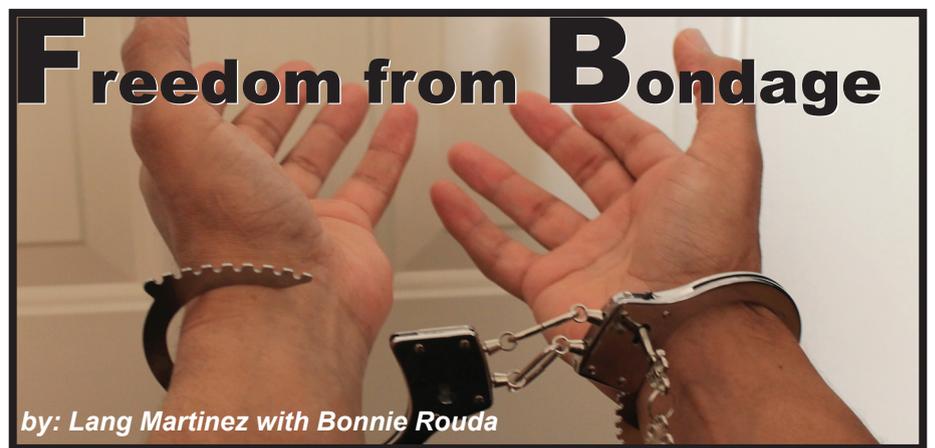


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by: Lang Martinez with Bonnie Rouda

NOBODY KNOWS BUT ME

Like a clown, I put on a show. The pain is real and nobody knows I'm dying inside; nobody knows but me. My name is Lang Martinez and I am an alcoholic and an addict, and most definitely a contender for anything else in regards to addiction. I don't want to spend time writing about my drunk-a-log – we all have our stories. So let me tell you just enough to qualify, that I am an alcoholic and addict.

I have been in my disease since I was 16. I have had four prison numbers, which means I would finish my sentence and parole on one number, and later picked up another case and start that sentence with a new number. This occurred four times. I have been homeless too many times and too many years to count. I have had three sobriety dates, and each time I have stayed sober for five years. I have also worked in recovery in Los Angeles County as a drug counselor. Having three sobriety dates, in my case was most definitely not a good thing, for me or for those who loved me. By having five years three times, I destroyed my family's lives, three separate times. Each time they came back into my life, they wanted to believe that I would stay sober and not hurt them again. They trusted me and I let them down.

Most of my family are dead, so I can't tell them that I'm sorry. With my ex-wife and son I was able to do my ninth step and make an amends. When I made amends to my son, I listened to him for two hours telling me all the horrific things that I did to him and his mother. Some of the things that he told me I did, I could not believe. I didn't remember a lot of things. I cried the whole time on the phone. When I said, "Son, I'm sorry", he replied, "I'm not your son and don't call me that, because I am not your son. Three times, I believed in you Lang, and just when I thought you would be my father, you destroyed my mom's and my life". Right before the conversation ended, his wife, who I do not know, got on the phone and told me I have two grandchildren that I will never know, and I would never ever even know their names. After that she hung up the phone. This is what happened to me after having those three sobriety dates. This is my wreckage from the past.

I would like to tell you about my very last relapse, and why I know this will be my last sobriety date. This will be the last time, because I am never going back to that life.

I was homeless in Oxnard and then again in Los Angeles. I was dying. I was so deep in my addiction that I suffered from a flesh eating disease on my right leg. Every day the scars on my leg that will never heal, are a reminder of that time in my life. I also had kidney failure, which I was hospitalized for. I had a catheter for over a month so that I could urinate. They didn't know if my kidneys would ever function again. This happened to me in Ventura County.

In Los Angeles, I was having seizures and foaming at the mouth. I knew that death was right around the corner. I know from experience that most would have welcomed death at that point. Anything would be better than living a life such as that. I chose not to die like that, homeless and in my addiction. I wanted to die differently.

I always wanted to know that if I died, at least one person would have something good to say about me. So, one more time I cried out to God, and this time I changed my promise. This promise was different than the times before. I said, "God I'm begging you don't let me die like this, and this time God if you save my life, I promise you I will give it all back to you, please!"

Immediately I started keeping my promise to God for saving my life. I became God's advocate for the homeless in Ventura County. I am a voice for those who don't have one. I was only three months sober when I began speaking on behalf of the homeless, to the city of Oxnard officials. I also have applied to be a commissioner, to be their advocate in the city of Oxnard. I am also on the care team at Mission Church in Ventura, and considered a homeless specialist. Every day I work on keeping my promise. County officials today asked me for my advice in regards to the homeless situation in Ventura County. I was asked to take part in a documentary, and speak on a panel called "Humanizing the Homeless" in Oxnard, which can be seen on YouTube. I have written articles in a Ventura County paper that you can read online called CitizensJournal.US. My articles are called "Nobody Knows but Me." When I had six months sober, I was approached by a Christian publishing company called TULA, (Thank You Lord Always), to write a book about me and what the Lord has done in my life. I'm sure you already know the title. I have also been asked to do a documentary of my life.

I would like to share with you the miracles that my Lord and Savior has already done for me in these 11 months of sobriety. My sobriety date is July 25th 2018. I went to Acton rehab for two months. then I went back to Ventura County. I had high cholesterol when I got out of Acton. My cholesterol is now perfect. I was diagnosed with a blood clot disorder, and was told I would need medication for the rest of my life. After more blood testing it came back showing I had no blood clot disorder, whatsoever. Last month I had a rare eye disease called corneal ulcers, I was hospitalized for three days and went blind temporarily. After seeing a specialist within 7-1/2 hours and he said my eyes were fine, and that they are already showing scar tissue from healing. He'd never seen anything like that in his life.

God has also blessed me with a family again. I have a lady who was my nurse and saw me at my worst. There is nothing she doesn't know about me. Like I said, she has seen me at my worst but still loves me unconditionally. She comes with a 4-1/2-year-old daughter. God is giving me another chance, another opportunity to be a father figure in this little girl's life.

My Lord and Savior definitely loves Lang Martinez, and He has forgiven me. Today I am no longer the man that I was 11 months ago. I give all praise to God for His goodness and His forgiveness. Thank all of you for believing me, and loving me when sometimes I'm not capable of loving myself. Thank you Keys to Recovery not for just this article but for the continuous support given to all your readers on a daily basis to me.



MARY COOK

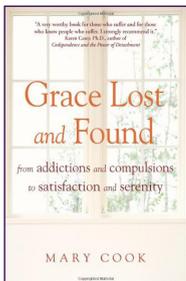
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Ageless Recovery

by: Louise Stanger, Ed.D, LCSW. CDWF, CIP & Roger Porter

GEN Z: THE STRESSED OUT GENERATION

This month, I thought we might turn our attention to Generation Z, those born 1996 to 2014. Gen Z is being labeled as having more anxiety and depression than their predecessors.

What is this generation and why is their collective heart rate up?

Gen Z is the first to be born into an all-digital world. As such, they're experts at processing information fast, have a short attention span, are defined by being visual learners, the internet is their best friend, and marijuana for the most part, has always been legal in their lifetime. This is backed by parents, who are commonly referred to as "stealth bombers," because they lay low until they come in guns blazing when they detect a threat against their child or their life.

And it's not just the typical teen identity confusion angst, sex, gender identity, birth control, pregnancy, drinking, peer pressure and fitting in, that roils the burgeoning adolescent mind. Now, research reports that there are a rising number of adolescents experiencing higher levels of anxiety & depression, self-harm and vaping, amongst other mental health disorders. In fact, a 2019 Pew research study - Most U.S. Teens See Anxiety & Depression as a Major Problem Among Their Peers - found that anxiety and depression now tops the list of teen problems.

Alarming, "concerns about mental health cuts across gender, racial and socio-economic lines, with roughly equal shares of teens across demographic groups." In fact, 70% of students polled reported anxiety and depression were a major problem, with bullying and drug addiction in the 50% range, while teen pregnancy and gangs were in the 30% tier, at the bottom of the list of problems.

Perceptions aren't the only culprit driving these upward trends. Data collected from the last couple of years point to rising numbers of teens experiencing these issues. A 2016 Time cover story - Teen Depression & Anxiety: Why the Kids Are Not Alright - reported that 3 million teenagers experienced at least one major depressive episode in the past year, a jump of 37% from 2005 to 2014, and in the past two years 6.3 million teenagers have been diagnosed with an anxiety disorder. In total, 20% of all-American adolescents struggle with depression at one point by the time they reach adulthood.

What's pushing these numbers? Most signs point to social media and the glut of an increasingly digital world. "Teens who use social media sites for two hours or more per day, are significantly more likely to suffer from poor mental health, psychological distress and suicidal thoughts," according to a 2013 study from Ottawa Public Health, the city of Ottawa's agency for health information, programs and services - reported in Huff Post.

As a result of rising anxiety and depression in teen-hood, this generation is wrestling with serious issues that may threaten their physical health. Self-harm, specifically cutting, has made a resurgence recently. According to a February 2019 guide for parents struggling with a child who self-harms in Psych Central, "20-25% of adolescent girls and 10-14% of adolescent boys report self injuring... [which] largely begins in preteen and adolescent years," writes Jim Holsombach of Harvard's McLean Hospital

"Over the last 10 years, self-injury continues to increase in prevalence... with preteens and young adolescent self-injury increasing more than any other age group." Holsombach also reports that bullying and sexual trauma exceeds 200% of drivers for self-injury, and LGBTQ+ teens are twice as likely to inflict self-harm.

Susanna Schrobsdorff, author of Time Magazine's article on teen anxiety and depression, tapped into the core of why young adults turn to cutting and other forms of self-injury. "It makes the world very quiet for a few seconds," Faith-Ann Bishop, an eighth-grader living in Bangor, Maine, reported. "For a while I didn't want to stop because it was my only coping mechanism."

Another growing all-I-want-is-to-fit-in-and-be-cool trend that teens use as a coping mechanism is vaping. Although researchers can't claim causality, the Surgeon General calling teen vaping an "epidemic" is cause for alarm because the nicotine, marijuana and other harmful chemicals in the vapor cartridges can lead to serious health issues for growing teens. "An estimated 3.6 million US teens are now using e-cigarettes, representing 1 in 5 high school students and one in 20 middle schoolers," reports a February 2019 article in the Daily Mail.

The health risks are evident. "School and health officials say several things are clear... Nicotine is highly addictive, the pods in vaping devices have a higher concentration of nicotine than do individual cigarettes, and a growing body of research indicates that vaping is leading more adolescents to try cigarettes," writes Kate Zernike for The New York Times.

Con't Page 22



THE DECISION

A client was mocking all of the 12 step programs around Los Angeles. "Alcohol Anonymous, Cocaine Anonymous, Narcotics Anonymous, Marijuana Anonymous, Gamblers Anonymous, Al-anon, Sex Anon, and did ya hear?" He asked incredulously, "Now they got those Food Anonymous meetings! Eating? How can that be an addiction? I gotta eat! I gotta breathe too. Look at me, I'm addicted to breathing! I should go to Air Anonymous!" I laughed with him. It was funny. Especially the way he said it. He's an animated guy from Philly, who talks with his hands. He didn't know that I am in one of those crazy food anonymous programs, CEA-HOW. I'm not going to tell him either. I don't talk about my life to my clients. It's their hour. However, I do often discuss addiction with them. It's a central theme in my profession, hypnotherapy. I've seen that humans can be addicted to just about anything. You can be addicted to worry, fear, anxiety, neurosis, and pain, as well as drugs, booze, sex and food.

Most people mis-apply the word addiction to a substance; we know that heroin is addictive, cocaine, or amphetamines are addictive. My client was simply reflecting that misconception, some things cause addiction, most things don't. However, the word literally means to be bound to something, or someone. As in a pledge. And behind any pledge is a decision.

To be sure some substances have specific chemical interactions with receptors in the brain. But that is not the addiction. The chemical interaction has more to do with the difficulty in breaking the addiction, and the severity of the bio-chemical changes wrought on the body. The addiction itself is the attachment "to" something, The Pledge. The addiction is the meaning your brain gives to a set of stimuli, bound to time and place. Generally, our addiction, our pledge, is a decision to escape or avoid something. And that decision becomes habitualized.

God help us if that decision/habit wraps itself around a chemical that is powerful enough to trigger a pleasurable feeling. Then we have an escape mechanism. The fact is, powerful or not, the chemical is not the addiction. The decision is the addiction. Get rid of that chemical without figuring out what the decision is, and we'll just find another powerful chemical in replacement. And it can be anything. Rage is a big one, a chain of bio-chemical events creating corticosteroids and epinephrine.

You might get cleaned up, get off drugs, but start bickering with people, getting angry, arguing over politics, or the-state-of-things-today! You've seen it I'm sure. Or, stop drinking and start eating compulsively. Most alcoholics end up needing CEA-HOW or some other compulsive eating group. The carb load in booze is significant and ex-drinkers tend to just swap booze with another carb-delivery system, say, chocolate or mashed potatoes and fried chicken! Though they may not think so.

Many alcoholics and addicts are blissfully unaware that they have simply swapped one addiction for another. I've got more than a little experience with that one myself. Believe it or not, grains, sugars, starches and oils are carbs and carbs convert easily to sugar, and sugar is one of the most additive compounds you can put in your body. The body needs it, it is afraid it won't get enough, it will burn it right now, amplifying fears and phobias and neurotic thinking, or store it for later by making fat.

The Science is beginning to pile up on the effect of excessive carbohydrate intake on humans, though the subject remains controversial. From my seat I'll list a number of debilitating diseases that can be laid off to sugar, and to them add depression, craziness, divorce and a host of other things that may seem totally unassociated with "addiction." And yet, even sugar is not the addiction. The addiction is the result of a decision buried deep in the automated parts of the brain. Because it is automated the brain won't easily remember how it came to the decision.

Once our brain finds a useful pattern it tends to delete the process of learning that pattern. Now it's a habit. Why waste energy lighting up extraneous neurons? We don't have to "think" in order to do a habituated task, we just do it. That's true for most of the stuff we do every day. Including most of our thought patterns. How many times have you caught yourself rehearsing an emotional conversation in your head? It's also true for a lot of our day to day conversations, the chatter with co-workers for instance. You know what they are going to say, they know what you are going to say. Everybody says it anyway. Those conversations are habits associated with a condition and a place.

We use the word addiction without really understanding what it means. All addictions, and all habits, are decisions associated with conditions and place. I like the way it's laid out in the train platform scene in the film, Matrix Reloaded. A computer program character, Rama-Kandra, talks about love. The character Neo questions, "How can a computer program know anything about love?" The Program replies: "Love is not important. Love is just a word. What is important are the connections the word implies."

Addiction is just a pledge. What is important are the connections the pledge implies. To illuminate those, to understand the decisions we make, for reasons which may be deleted or remain buried inside some switched-off neurology we need psycho-analysis, or some jarring life event, as Carl Young stated, a significant psychological phenomenon, or, wait for it...the 12 Steps.

Steven Lee Stinnett C.Ht., Hypnotherapist, graphic artist and illustrator. Steven lives in Tarzana, California, and can be reached at (818) 758-2747.

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DYING FOR A DRINK

by: Kelly Castro

We here at Keys to Recovery, know and love Rudy, Kelly and their families. Our heart goes out to them and everyone who loses a loved one to this disease. It is OUR mission here at Keys to Recovery to carry the message of recovery to as many people as possible each and every month, and to give HOPE that recovery is possible for everyone.

Stories such as this is why we do, what we do.

It's 2am.

I shot up out of bed gasping, immediately clutching my heart with my hand.

I had finally fallen asleep after hours and hours of weeping.

My mind was playing tricks on me. "Was it all just a bad dream? Oh my God maybe it isn't real!" There was desperation in my thinking. Then, it struck my heart again and felt as though I was finding out for the first time all over again. It was real. He really was dead.

I wept again, falling off the side of the bed as I dropped to my knees and touched my forehead to the ground. My husband came down beside me, also weeping and we held one another in this pain. The ache in my heart was so intense, all I could do was keep crying. I felt weak in every muscle and bone in my body. I so wanted it to not be true.

How was I to tell my ten year old son that his Father was found dead in a shower after drinking himself to death? There were no words. Only what felt like the heart physically breaking over and over again followed by more tears. My heart broke for my son and for his Dad. Alcoholism can be such a fatal disease and grieving those we lose can be so painful. Often times the grief is more in relation to the fantasy or idea of what could have been, rather than what was.

The reality is that this man had never been much of a father to our son. We met in rehab and were completely insane at the time. Both of us coming off of the streets and out of horrific darkness.

Four months into recovery I became pregnant. We attempted to make it work - we really gave it everything we had at the time. However, we were carrying too much pain and way too much trauma, without any tools to create a loving partnership.

Our relationship ended just before our sons first birthday, and his Dad was not a regular figure in his life. My son was blessed to have close relationships with his grandparents on his Dad's side. He would visit them often and loved them so much. Once in awhile his Dad would make a surprise visit, and our son always came home from those particular weekends with more joy in his heart, and light in his eyes. He loved his Dad. Or, perhaps his idea of his Dad.

Years went on and things stayed the same. As his mother, it became imperative for me to work a fierce ALANON program, so that I didn't harm him with my own opinions, frustrations and rage I felt towards his Dad in many moments. I wanted it to be different. I wanted him to be different. I would surrender into grace and into acceptance, and then find myself back in resentment. His Dad has been one of my greatest teachers in regards to compassion, surrender and acceptance. I wrote more 10th steps on my resentments towards him than anyone else in my life, which brought me back to looking at my own self. My own inability to trust in God or others. My lack of humility in believing that I know what is best for not only myself, but others as well. My self-righteous judgment and how easily I can distract myself with the behavior of others to avoid looking at and working on my own shortcomings. Everything he "didn't do right" caused me to be a better woman, and mother because of the tools given to me in the program.

I certainly didn't walk the path perfectly. I had quite a few "slips" - one of them being four months ago. I had an interaction with our son that scared me, and I reached out to his Dad in fear and in blame, demanding that things be different. His response was different than ever before. He was open and said he really wanted to change and that he was done being angry.

He said that he wanted relationships with all of us, and was willing to do whatever necessary to make it right. He said he was so sad that he allowed his anger to interfere with him having a relationship with his son for the last nine years. He cried. I cried. It was the first time since rehab that we were on the same team. I literally cried for days from gratitude. The dream was finally coming true.

We made a plan to spend the day together, just the three of us. This hadn't happened in over nine years. The day came and the three of us went to the park, and then to the batting cages. I hadn't seen our son this joyful since he was so little. He kept running around and jumping saying "Daddy watch this! Daddy look over here!" There was an innocence in him that had been ignited and was so precious to feel.

His father asked if our son could stay with him for a week. Yes, of course! This was a miracle. One week turned into two. This was the longest they had been together in so long.

During this time his father was making calls to multiple people in our family; my Mom, my sister, and my husband. Making amends and thanking them for taking such great care of his son for all these years. He cried. They cried. Healing was happening and it was almost overwhelming.

There were a few moments that felt strange in all of this, but the joy was so big it consumed any of the doubt until our son came home from the two week stay. As we drove home, our son shared with me that his Dad had been drinking while he was there. This news was heartbreaking. His Dad had over a decade of sobriety under his belt. My son talked openly about his feelings and observations of what it was like to be around his Dad. He shared that he felt uncomfortable, unsafe and that he didn't want to go there again. He shared that his Dad was drinking vodka from the morning into the night. He shared that he was sad and afraid that something was going to happen to his Dad.

This unexpected and disappointing turn would have to be addressed. "When and How?"

I asked myself. We had made plans for him to come for our family Easter celebration the coming week. Should I do it before or after? I kept checking in with Spirit and got the response, "Not now, let the day come, and be together." The day came and he showed up with his sister and niece. He had called beforehand to let me know that he was feeling sick, and that no one should come to close to him at the party (we think we are so clever in our disease - I now knew that he didn't want anyone to smell the alcohol). Regardless of his drinking, it was so wonderful to have him there.

We took the most magical picture that day. Seven of us - my husband and I, and our five year old son, along with his ex-wife and their daughter, and my son and his Dad. It was the first and last time we would all be together. Somehow, when I saw that picture I knew that it would be just that. My son also knew. Two weeks later as we were driving in the car, he turned to me and said "I don't think my Dad is going to make it back from his trip, I think he is going to die," (he had just left town for a job). "Do you think that is your fear, or does it feel like your intuition?" I asked. "My intuition," replied my son. My heart broke. I deeply hoped he was wrong.

Two weeks later I received a message that I will never forget. My son's grandfather on his Dad's side called. He meant to leave a short message saying "Call me it's important." What he didn't realize is that his phone never hung up on my voicemail, and that as he went into his next call he was still leaving a message. At the end of their short conversation he said "One thing I take comfort in, is knowing that he

will be really happy to see his Mom." His Mom had just passed away 8 months prior. My heart sank. I literally fell off my chair and onto the ground, screaming. Please let this be a mistake, PLEASE!!!!

It wasn't.

He had been found in a shower in Indonesia, dead. There was nothing, now, that could be done. It set in and there was pain, rage and denial all happening in what felt like the same time. Grief is such an intense experience and in reality a lot of the grieving was around what could have been. It seemed as though these two were finally going to have a relationship. My son had been desiring this for all of his life, and the permanence of this situation now felt devastating.

For some, Alcoholism and addiction rob us of what is. For others, they rob us of what could have been - of dreams and possibilities. My heart is with every parent who has lost a child, and with every child who has lost a parent, before any real connection or relationship has had the opportunity to be born. My heart is with everyone who has lost anyone because of this suffering. His Dad was deeply suffering. His heart was broken. I know that if he could have done this differently, he would have. His own pain of losing his Mom was too much. It cracked him open and tapped into all the unresolved pain and trauma that he had never healed. I send him love everyday. All the people who are close to me, send him love everyday.

From our human perspective this is nothing short of excruciating. From the spiritual perspective, I have enough humility to understand that there is perfection in this.

As a Mom, I am deeply committed to walking through this with my son in the most conscious, loving and compassionate way possible. To hold him while he cries. To sit with him in his anger. To love him and accept him as he is, and most importantly to keep doing my own inner work so that I can hold space for him, rather than unconsciously try to fix him or his feelings to make myself more comfortable.

Even in the finality of his passing, this man continues to be one of my greatest teachers. R.I.P. C.D. I promise to always honor you and love you. Thank you for the greatest gift anyone has ever given me - being a mother. As I walk beside our son on the Earthly realm I pray you soar with your Mom in the Heavens.

Blessings, Rudy and Kelly Castro

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GAMBLING 101 - WHAT IS PROBLEM GAMBLING?

If there is one addiction I have personal experience with, it is problem gambling. I also know how progressive this disease is, how one shifts slowly from being a once-in-a-while gambler, to a full-blown obsessive out-of-control gambling addict! No lie there! Sometimes it happened because I was bored and had lots of time on my hands. It would escalate when my husband was working out of town a lot. It became my only fun and excitement in late 1996.

Yup, 'Boredom' and my gambling ramp-up was all of 1997-98, and I was well on my way to being stuck in the "cycle", until my first failed suicide attempt in 2002. And, like me, one in five problem gamblers try suicide. It progressed from there, as my life wouldn't be the same. It got ugly for many years. You can read about this in my first book. It is the purpose of "Addicted To Dimes: Confessions of a Liar and a Cheat," and why I had it published. It is about how we become gambling addicts.

After two times through the gambling treatment programs, two failed suicide attempts, hospital and crisis stays, I finally got on the road to maintaining my recovery. This was when I learned about some of the underlying issues "the roots" of my addiction, and why at the end before treatment I was drawn to abuse alcohol, because addicted gambling alone stopped. So, being informed, educated and knowledgeable is vital to me, since I now advocate about this disease. It cost me way more than wasted money. I tell my sponsees it almost took my "life." So, courtesy of Wikipedia and "Gamblers Anonymous", and for those who have not experienced problems gambling, here is gambling 101.

What Is Problem Gambling or Addicted Gambling? Problem gambling is an urge to gamble continuously despite harmful negative consequences, or a desire to stop. Problem gambling is often defined by whether harm is experienced by the gambler or others, rather than by the person's behavior. Severe problem gambling may be diagnosed as clinical pathological gambling if the player meets specific criteria. Pathological gambling is a common disorder that is associated with both social and family costs. Other names for it are Ludomania, Gambling addiction, and Compulsive gambling. Then, a DSM-5 has re-classified the condition as an addictive disorder, with sufferers exhibiting many similarities to those who have substance addictions.

The term gambling addiction has long been used in the recovery movement. Pathological gambling was long considered by the American Psychiatric Association to be an impulse control disorder, rather than a habit. However, data suggest a closer relationship between pathological gambling and substance abuse disorders, than what exists between PG and obsessive-compulsive disorder, mainly because the behaviors in problem gambling and most primary substance abuse disorders, (i.e., those not resulting from a desire to "self-medicate" for another condition such as depression) seek to activate the brain's reward mechanisms, while the behaviors characterizing obsessive-compulsive disorder are prompted by overactive and misplaced signals from fear. Problem gambling is an addictive behavior with a high co-morbidity with alcohol problems. A common feature shared by people who suffer from gambling addiction is impulsivity. My addiction was related to escapism and coping, and old childhood trauma.

Signs and Symptoms. In order to be diagnosed, an individual must have at least four of the following symptoms in 12 months:

- 1} Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
- 2} Is restless or irritable when attempting to cut down or stop gambling.
- 3} Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
- 4} A gambling addict is often preoccupied with gambling. This may include having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, and thinking of ways to get money with which to gamble.
- 5} Often gamblers gamble when feeling distressed. This may include for example feeling helpless, guilty, anxious, or depressed.
- 6} After losing money gambling, a gambler often returns to gambling for another day to get even, or to "chase" one's losses.
- 7} A gambler will lie to conceal the extent of their involvement with gambling.
- 8} They may jeopardize or lose a significant relationship, job, education or career opportunity because of gambling.
- 9} A gambler relies on others to provide money to relieve desperate financial situations caused by gambling.

Con't Page 22

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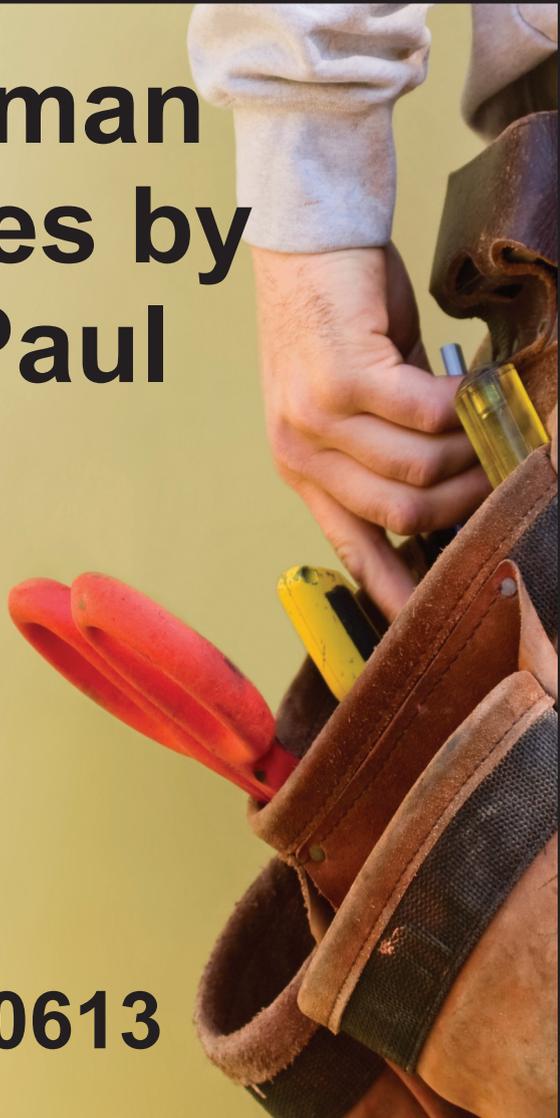
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FRIDAY JULY 19 TO JULY 21, 2019: 18th Annual Tehachapi Mountain Roundup, Rocketed into The 4th Dimension. A weekend of Camping and Fellowship in Recovery at Indian Hill Ranch, 18061 Arosa Road, Tehachapi, CA 93561. www.tehachapiroundup.org.

FRIDAY JULY 26TH TO JULY 28TH, 2019: Arkansas State AA Convention, Oldest AA Convention West of the Mississippi. 79th "Old Grandad" Arlington Resort Hotel & Spa, Hot Springs Arkansas. Please contact (501) 623-7771 for more Info. Or Email convention@arkansasaa.org. Register www.oldgrandadconvention.com

HAPPY CAMPERS THE 3RD STAURDAY 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. Itrevor26@gmail.com

MOVIES, MEETINGS & MORE: BIG GAY SUNDAYS returns with HBO's Six Feet Under starting on May 26 at 6p. And Reprise on Thurs. at 7pm on our HD 10ft Screen w/ surround sound. We also proudly host a variety of 12-step fellowships from A-Z, Monday thru Sunday 7:30am to 10pm. And 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.

LAST SUNDAY OF EACH MONTH: Rolling Sober SFV, meets the last Sunday of each month at 9:am. Meet us at The San Fernando Valley AA Hall, 220 S Brand Blvd., San Fernando, Calif. Parking Available Across Street. Visit our Facebook Page (Rolling Sober Car Club) for more information. The only requirement is that you are clean & sober and have a love of old cars.

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, Click on the Event tab. Pre-register by July 14th.

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

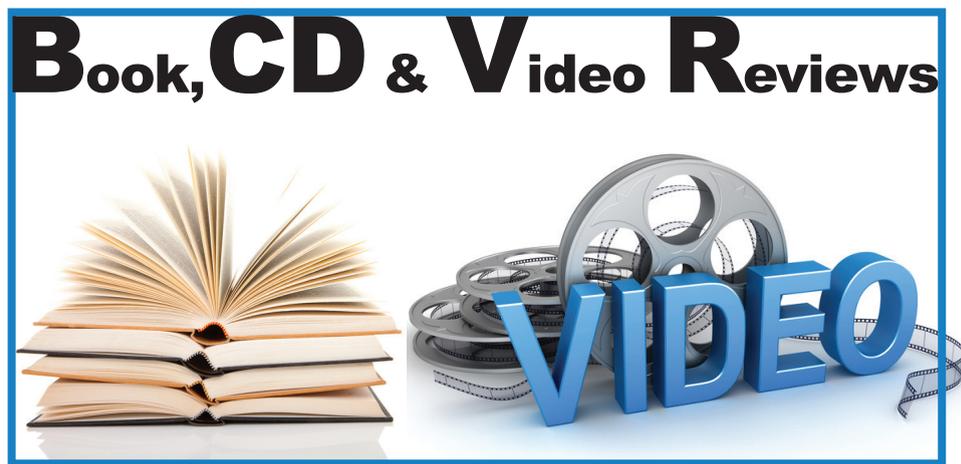
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Telephone: 818-988-3001

Mon.-Fri. - 9:AM - 6:PM
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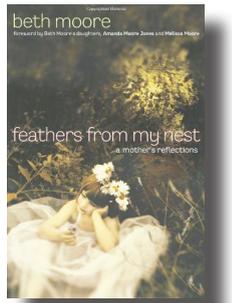


FEATHERS FROM MY NEST, a Mother's Reflections: by Beth Moore. Published by B&H Publishing Group.

Beth Moore writes this book after her children leave home (the nest) and reflects on items belonging to her daughters. As she ponders each item life's memories come to mind. Beth shares these with us. Her writing is easy to understand, honest and very poetic, romantic without pretense, quite delicate and lovely with weight from a lifetime of wisdom. Her candor and humor is what every mother needs because parenting is a difficult journey. Having an empty nest is something not all mothers achieve, but when we are blessed enough to see our children leave the "nest", there are times that we start to wonder "what could I have done differently, better."

The kids are gone, now what? Do you go back to just being you? No, you will always be a mother that is the bigger challenge; Beth reminds us that, there is life after the kids are gone. No regrets, you have done your best and God will reward you with peace, acceptance and more love than our heart can contain. Beth gives the reader an intimate glimpse into her childhood and family life. Reading this book is like sitting across the table from Beth chatting over a cup of coffee, while she pours out a lifetime of wisdom to you. With humorous recollections she relates how God has made His presence known in the lives of a normal, and yet crazy family.

Readers will identify with many situations, some bringing laughter others bringing tears. Be prepared to experience some encouraging smiles (and keep the tissues handy). I highly recommend this book for moms, dads and yes, grandmas and grandpas too. Available at Amazon.



BREAKDOWN: A Clinician's Experience in a Broken System of Emergency Psychiatry. Written by Lynn Nanos

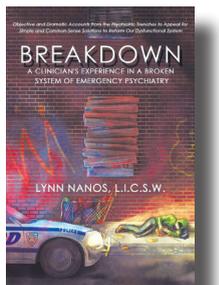
I was hooked on this book starting at the "Dedication: For seriously mentally ill people who need help but lack the capacity to request it."

This is not just well-researched, in this book Lynn shares her experience, and gives us a look at the many problems that have affected our "broken" mental health system for years. Lynn accurately describes in detail the devastating consequences of untreated serious mental illness.

Many people stop at discussing and identifying the problem, or as she refers to it our "broken system", but Lynn goes in depth to outline the reasons, and then she offers evidence-based, practical solutions. Lynn also addresses obstacles that confront emergency clinicians. She continues onto more controversial issues, including outpatient commitment, but everything she writes about she does so with compassion and knowledge of a professional working in the real world. In her book she helps to answer some very important questions dealing with mental health such as:

- Is inpatient care too inaccessible to those who need it most?
- Do mental health professionals discriminate against mentally ill patients?
- Are more stringent measures needed to ensure that patients take their medication?

This is a must-read for anyone and everyone with the power to heal this "broken system". Available at Amazon.com.

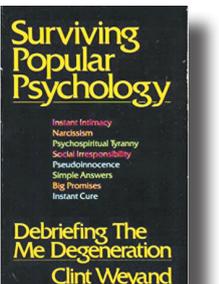


SURVIVING POPULAR PSYCHOLOGY: Debriefing the Me Degeneration. Written by Clint Weyand.

Clint wrote this book to help uplift and encourage individuals, and not just criticize popular psychology. Psychology by its definition is: the science of mind and behavior, and the mental and behavioral characteristics of an individual or group.

Clint explains that cerebrally we as a people try to intellectualize everything, not realizing at times that the way we search for the answers, can be indirectly harming our growth emotionally, spiritually and mentally. There is no one concept that entails all that is needed for us to know how to live successfully, this world is always searching for a quick fix, solution or answer. This is a remarkable book that entails truths about popular psychology and social criticism, common mistakes in choosing a therapist, as well as narcissism, Instant Intimacy, Instant cues and many more vital topics that Clint presents concisely and with clarity.

In order for us to understand the basics about anything, we need to know the pros and cons, in order to come to a logical conclusion. This book gives us those necessary elements, in order to be able to make an intelligent decision regarding certain beliefs in popular psychology. I love the way Clint lays out this book, page by page giving the reader information to build upon. This is a must read for anyone searching for a clearer and easier way to see the truths about popular psychology. Available at Amazon.com.



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

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12STEPSSOBERLIVING.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.

ALCHEMY HOUSE SOBER LIVING is a structured and supportive heavy 12- step sober living home. Set up for adult and young adult men that have not been able to get sober in treatment or other environments and are willing to work all 12 steps in house! West Hollywood, California. Call (310) 562-2534.

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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.

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Terms and Conditions

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

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

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

www.KeysToRecoveryNewspaper.com

If you would like to receive Keys to Recovery Newspaper **FREE of charge** at your facility you can go online and fill out the "Distribution" form or email 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.lacocaa.org (323) 936-4343 (800) 923-8722.

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

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

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

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

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

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

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

Adult Children/Codependents: 12 step & recovery meetings, Thurs & Suns 6pm 8742 Mulberry Dr., Sunland, CA. Lisa (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:svvalleyhow@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 debting in a relative or friend. Phone Mtg. Sundays 10am Pacific Time 515-739-1031, 74951#. www.debtanon.org

Eating Disorder Support Recovery Groups 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 Bch; 11455 El Camino Real, #360, Del Mar. for info visit www.centerfordiscovery.com

Eating Disorder Support Recovery Group. FREE. Drop in. Open to the public. Wednesdays from 6-7pm. EDCC (Eating Disorder Center of Calif) 520 S. Sepulveda Blvd., #208, Los Angeles, 90049.

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.slaaloesangeles.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 (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.

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

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

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 (562) 306-4115.
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.

Many of these Resources change quickly, if you find a number (or place) no longer exists please let us know, we try to keep this guide updated and current, but we need your help.

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



He's a box-shaped fellow with a slit for a mouth, a hand crank on his side, and a window on his belly so you can see what's in his tummy. Essentially, he's a hand crank paper shredder.

Whenever a student has an unfriendly thought of either, frustration, worry, jealousy, self-pity, self-doubt, etc... they write it down on a piece of paper and then feed it to this creature. Although unfriendly thoughts are harmful to us, they are a treat for an Ärgerverschlinger. After a student has placed their unfriendly thought into the Ärgerverschlinger's mouth, they turn the crank on its side and watch their unfriendly thought get gobbled up and shredded in its tummy. I was blown away by how delighted they reacted to the fact that their unfriendly thought was gobbled-up and gone forever.

I tattooed this on the back of the Ärgerverschlinger...



*I'm Ärgerverschlinger and here to say,
Some thoughts are unfriendly and get in
your way,
If you have a fear, anger, or worry,
Then give them to me right away in
a hurry,
Write it down, I will gobble them up.
And once again you will have good luck.*

"... selfishness, dishonesty, resentment,
and fear. When these crop up, we ask God at
once to remove them."

— Alcoholics Anonymous

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



All of these are behaviors I experienced in my addiction, and they all became more severe when I gambled. Did I use household money to gamble? YES. Did I gamble my paycheck in a few hours? YES. Did I steal and lie to get money to gamble? YES. AND MORE. It is a sick progressive addiction.

Then came my failed suicide attempts. Suicide Rates: The gambler who does not receive treatment for pathological gambling when in his or her desperation phase, may contemplate SUICIDE. Problem gambling is often associated with increased Suicidal Ideation, and attempts compared to the general population. One in five gamblers will try suicide. Early onset of problem gambling increases the lifetime risk of suicide. However, gambling-related suicide attempts are usually made by older people with problem gambling.

A 2010 Australian hospital study found that 17% of suicidal patients admitted to the Alfred Hospital's emergency department were problem gamblers. In the United States, a report by the National Council on Problem Gambling, showed approximately one in five pathological gamblers attempt suicide. The council also said that suicide rates among pathological gamblers were higher than any other addictive disorder.

According to the Illinois Institute for Addiction Recovery, evidence indicates that pathological gambling is an addiction similar to chemical addiction. Studies have compared pathological gamblers to substance abuse addicts, concluding that addicted gamblers display more physical symptoms during withdrawal. Problem gamblers do have a withdrawal period. Deficiencies in serotonin might also contribute to compulsive behavior, including a gambling addiction. If you want more in-depth information about problem gambling and gambling addiction, Google Problem Gambling in Wikipedia. There is a wealth of information there including facts and recent studies. Educating ourselves is the first step to recovery. We can begin to Quit to Win!

Catherine is the author of her debut memoir, "Addicted To Dimes," a gambling recovery advocate, coach, and ghostwriter. She runs "Lyon Media Services" helping authors market their books throughout social media. Catherine advocates about gambling addiction and has shared her story on Addictionland.com, FacingAddiction.org and HeroesinRecovery.com. Now that Big Jim's Bike ride had to end due to a serious medical condition, Jim and Catherine are now writing together for Jim Downs new book to publish in early 2020 all about The Ride 4 Addiction Awareness and Crisis in America. Catherine resides in Phoenix, Arizona and continues to help and sponsor those from gambling addiction.



Vaporized marijuana is a whole other beast for the developing teen brain. "Damage to brain function from the drug can be worse during adolescence," states Bonnie Halpern-Felsher, a developmental psychologist at the Stanford University School of Medicine in California. "Marijuana use has been linked to depression and memory problems. Once marijuana is introduced, you're altering the brain forever."

Although Generation Z is saddled with tough issues like anxiety and depression, self-harm and vaping, parents are the strongest defense to work through them. The best thing parents can do to help their teenage son or daughter is to listen. A compassionate heart allows the teenager to open up, and talk through their troubles and pressures from friends and society. Here are a few other helpful tips:

- Set family dinners together where everyone can interact,
- Take part in school activities your teen is involved in,
- Put away digital devices and limit time spent on them, especially when they are doing homework,
- Forge alliances with other parents with teenage kids and talk to them about the common issues at their schools and in their communities.

Remember what it was like when you were growing up. Adolescence is a time of confusion, a place where bodies change, and identities are tried on like Halloween costumes. Experimentation with gender and sexuality, mind-altering substances and alcohol, sex and friendships are common for the growing individual. SAT scores, college and fitting in puts undue pressure on whole families. Though the challenges are real, this is the time to be present in your teenager's life, to help them find their footing as they discover who they are, and live that truth into adulthood.

Dr. Louise Stanger founded *All About Interventions* because she is passionate about helping families whose loved ones experience substance abuse, mental health, process addictions and chronic pain. She is committed to showing up for her clients and facilitating lasting change, so families are free from sleepless, worrisome nights. Additionally, she speaks about these topics all around the country, trains staff at many treatment centers, and develops original family programs. In 2018, Louise became the recipient of the Peggy Albrecht Friendly House Excellence in Service Award, and the 2019 Harvard McLean Hospital and DB Resources Interventionist of the Year Award in London. Dr. Louise may be reached at www.allaboutinterventions.com or 619-507-1699.

Louise co-writes her articles with Roger Porter. Roger graduated with two degrees from the University of Texas at Austin. He works in the entertainment industry and writes for film and television.

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