

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

September 2019

KEYS TO RECOVERY

— NEWSPAPER, INC. —



JOIN THE VOICES FOR RECOVERY:
TOGETHER WE ARE STRONGER

recoverymonth.gov



NATIONAL
**RECOVERY
MONTH 2019**
30th Anniversary

The First Drink

Gets You Drunk



Written by: K.P. Hadley

**Don't Trust
Those Thoughts**

Page 4

**Recovery Overcomes
Adversity**

Page 8

**Seven Keys
To A Better Life**

Page 14

COME CELEBRATE THE LIFE OF

GAYLAN LARMORE March 20, 1939 - January 14, 2019

SEPT 18TH, 2019 AT THE GARDENIA LOUNGE, 7:00PM TO 10:00PM

7066 SANTA MONICA BLVD, WEST HOLLYWOOD, CALIFORNIA 90038 • 7:00PM TO 10:00PM

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





LUXURY SOBER LIVING HOMES THAT ARE GENDER SPECIFIC, SAFE, AND SUPPORTIVE

*We offer Luxury Sober Livings for both
Women and Men Separately.*



Our Sober Living for women opened
it's doors in 2000.

We offer sober, tranquil, supportive and
structured sober living environment for men
and women who are ready to rebuild their lives.

Both Homes are Pet Friendly and offer:
Weekly House Meetings
Shared/Semi-Private Rooms
Comfortable Accommodations with so much more
Come THRIVE with us!

Northridge & Winnetka, California

Learn More at:

www.AStepintheRightDirection.org

Call us Today **818-209-1631**

Miracles in Action Addiction Treatment Centers AND QUALITY SOBER LIVINGS

Locations in Burbank, Glendale & Northridge, California



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



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

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

We Accept Most Insurances



CALL TODAY for
a Consultation

818-429-9103



www.MiraclesinAction.info

Contents

| | | |
|---------------------------|-------------------|---------------------|
| Editors Column | Page 3 | M & J Marshall |
| Grace Lost and Found | Page 4 | Mary Cook |
| Sunlight of the Spirit | Page 5 | Darrell Fusaro |
| A New Doctor in Town | Page 6 | Dr. Clinton |
| Food For Thought | Page 6 | Jenni Schaefer |
| Freedom From Bondage | Page 8 | Karen Hamza |
| Ageless Recovery | Page 10 | Dr. Louise Stanger |
| Matters of the Heart | Page 11 | Kelly & Rudy Castro |
| The First Drink... | Page 12 | K.P. Hadley |
| The Journey Continues | Page 14 | Sandra K. Wilcoxon |
| Quit to Win | Page 15 | Catherine Lyon |
| Healing The Family | Page 15 | Stephen R. Honaker |
| Events | Page 16 | |
| Book, CD, Video Reviews | Page 16 | The Crew |
| Classified Ads | Page 18 | |
| Advertising Information | Page 19 | |
| Resource Guide | Page 20-21 | |

Contributors

Jeannie Marshall: President, Cofounder, Publisher & Editor
 Marcus Marshall: Vice President & Cofounder, Publisher & Editor
 Staff Photographer: Shalimar Cambria
 Graphic Designer: J Marshall
 Outreach Director: Peggy Salazar
 Social Media: Dominique LaFargue
 Beth Dewey-Stern: Cofounder
 Cover Photo: ID 124519668 © Andrey Popov | Dreamstime.com
Editorial Contributors: Marcus & Jeannie Marshall •
 Mary Cook, MA, C.A.O.D.C. • Darrell Fusaro • Dr. Clinton Weyand •
 Jenni Schaefer & Jennifer J. Thomas, Ph.D • Karen Hamza •
 Dr. Louise Stanger, Ed.D, LCSW, CIP CW • Rudy & Kelly Castro •
 K.P. Hadley • Sandra K. Wilcoxon • Catherine Townsend-Lyon •
 Stephen R. Honaker, LMHC, QS • Peggy Salazar

About Us

Advertising Rates - page 19
Distribution Information - page 19

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



Welcome to September 2019 National Recovery Month. I love that we get an entire month devoted to recovery. It is a blessing that our past does not have to define who we are today, but it can remind us of where we came from, and where we are going. That being said, there is a balancing act that is required here. Remember the past, but do not live in it. That goes for the good as well as the bad.

"Past": *Gone by in time and no longer existing. Expressing an action that has happened or a state that previously existed.*

"Present": *The period of time now occurring. Existing or occurring now*

"Future": *At a later time; going or likely to happen or exist.*

There are those of us who talk a lot about the past, people we knew, things we did and things that we experienced. Sometimes we do this because we are not creating enough things "here and now" that we want to share with others. We relive the "glory" or the "gory" days, because we feel that is all we have, and sometimes we are avoiding the present moment.

Or what about the person who likes to talk about the "could have, would have, should have". If you happen to be doing these things ask yourself why. I know that living in the past robs me of living in, and experiencing today. When I relive yesterday I miss things that might be important to my journey today. Sometimes reliving the past brings dread, remorse and guilt, and none of these feelings are joyful.

In the 10th step it is suggested that, *"we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit."* We are keeping current so that we don't have to regret the past any longer.

On the flip side, *"Step 11 suggests prayer and meditation...When we retire at night, we constructively review our day... On awakening let us think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives."*

When I follow God's will for me in this present moment, I can find peace. That is not to say that every single moment is perfect... But Right Here, Right Now is the best place for me and my thoughts. I find that when I am depressed, full of guilt and shame, it is because I am living in the past. If I am anxious or fearful it is because I am living in the future.

Al Saenz, use to say "if you are scared it's probably because you are thinking scary thoughts". God bless you until next month! - **Jeannie Marshall, President & Cofounder**

Hello and thank you to all of our readers, we truly enjoy being able to express the emotional, spiritual and psychological viewpoints that we acquire each month. Life gives us countless possibilities to embrace and appreciate what occurs in our lives daily, may they be positive or negative. It is needless to say about the positive (it's self-explanatory), now the negative experiences are a whole other matter. We live in a world of dualities: Up/Down, Forward/Backward, Love/Hate, Eustress/Distress and so on, there are beneficial aspects along with the harmful ones.

All situations depend on one's perspective. Even the worst circumstances may bring about something that can be helpful. I have lost quite a few of my close friends and family members, and yet through it all, I have benefited mentally and spiritually, due to my perspectives during those sad and unfortunate times. When we look at the dire situations of those who live without a home, family or the bare essentials such as food and clothing, we then have the opportunity to adjust our perspectives towards true appreciation of what we have.

Without experiencing the cold, appreciation for warmth wouldn't exist. This applies to numerous areas of our lives. At times we become complacent and offend tend to take things for granted. Viewing life with a positive and appreciative perspective allows even in the dark times to provide some rays of light. No matter what path we take in life, there is always an opportunity to become clean and sober in body, mind and spirit. As the old saying goes, "if life gives you lemons, make lemonade". We have a choice during the hard times in our lives. It is important that we make the best of what we have.

I tell those that I sponsor, "it's about your perception which dictates your outcome"- becoming aware, intuitive understanding, interpreting something, coupled with perspective - a point of view, the true understanding of the relative importance of things helps develop one's True sense of being.

Until the next time we are allowed to come together again for reasoning, may we embrace all of what we have, and appreciate what we don't have. "Life is a treasure, filled with joy, love, happiness, God and you."

- **Marcus Marshall, Vice President & Cofounder**



Meeting Chips - Medallions - Medallion Holders - Plaques - T-Shirts - Hoodies - Tank Tops - Hats - Keychains - Books - Book covers - Sober Water- Mints - Candles - Meeting Coffee - Mugs - Greeting cards - Gold Jewelry - Silver Jewelry - God Boxes - Journals - CDs -

MY 12 STEP STORE.COM
Recovery gifts InStyle!

got 12

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

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

CHANDLER LODGE FOUNDATION
FOUNDED 1960

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

Call us today! 818-766-4534

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

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

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

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

www.ChandlerLodge.org • 818-766-4534



MANIFEST RECOVERY CENTERS

www.ManifestRecoveryCenters.com

Fully Accredited, Licensed and Monitored



WE SPECIALIZE IN:

Substance Abuse Disorders
Dual Diagnosis / Trauma / Mental Health

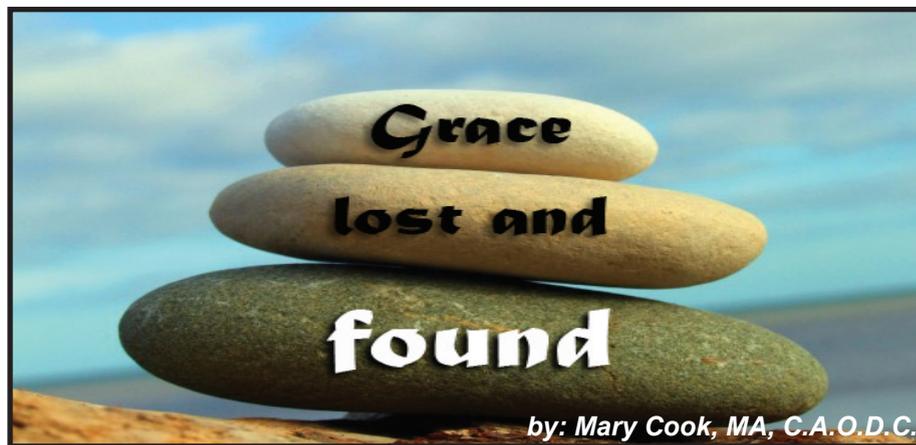


WE OFFER:

Detox / Residential Program
PHP (Partial Hospital Program)
IOP (Intensive Outpatient Program)
OP (Outpatient Program)
Transitional Living / Alumni Program

800.376.8402 / 818.963.9319

Covered by Most Major Insurances



DON'T TRUST THOSE THOUGHTS

If we cease all activity and sit alone and silent for an hour, we will likely discover that our thoughts bear an uncanny resemblance to the utterances of untreated mental patients. If we are addicts or have a history of chronic chaos, depression, stress, trauma or other dysfunction, there's great likelihood that the most primitive part of our brain has dominant airplay. The lower part of our brain reacts quickly and favors what is familiar, habitual and likely to bring immediate satisfaction. The more sophisticated part of our brain is slower to reach conclusions, because it takes everything into consideration. Not only does it process past and present experiences, feelings and thoughts on the current topic, but it also brainstorms new possibilities and long range results of all options. Addiction and chronic stress reinforce the lower part, and undermine optimal functioning of the higher part of our brain.

So what is the solution to all this confusion in our minds? We cannot afford to act from old habits, so until we can identify which thoughts are sick and which are healthy, we refuse to give them power over our decisions or actions. We take direction from those who demonstrate consistently strong recovery principles. We share our experience and listen to others in recovery to learn new tools for thinking, and evaluating choices. We identify physical sensations, stirrings of the heart and intuitive messages as important guides for self-awareness. In addition, we can practice using the higher part of our brain by cultivating patience and tolerance through relaxation, and meditation techniques. We begin the process of reconnecting to our hearts through owning our feelings without judgement, and establishing a deeper bond with our higher power through regular prayer.

Our primitive mind wants us to feel pleasure, no matter how brief, and avoid pain, no matter what the cost, now. Therefore when we experience overwhelming urgency or anger, grandiosity or self-righteousness, intense need or will-fullness, over-controlling tendencies, and/or strong fear of emotional pain, it is likely a sign that our primitive mind is in control. This is when we most need to be reminded of the message of recovery, to help us not act from sick thinking. It is our responsibility to not endanger or harm ourselves or others, and to thoroughly examine choices and consequences to determine what will help or hamper recovery.

Spiritual principles teach us that our best chance of fulfillment in life, is to ask that our Higher Power's will be done through us. Positive thinking and action spurs spiritual growth. Until we are grateful for what we currently have, we will not attract anything better. Until we use the tools that we have, we will not receive more sophisticated ones. Program advises us not to dwell in negativity, but to identify problems in order to find solutions and grow. For every problem past or present, there is an internal solution which results in an external demonstration of spiritual strength. Character defects originate to protect us from feeling pain. They end up escalating pain and preventing problem resolution. Character strengths evolve from the courage of surrendering the very defects and defenses, that we feel protected us from unalterable pain. The process of healing and growth therefore, requires a giant leap of faith.

We are here to overcome the difficulties and traumas of our life. We are here to transform what formerly imprisoned and poisoned us. We are here to surrender defenses, and embrace thinking and actions that are proactive in recovery. We are here to bring peace and understanding to the parts inside that need healing. We are here to receive wisdom and guidance from the God of our understanding, and maintain spiritual fitness as our top priority. We are here to become positive examples to others. We are here to recognize and use our talents to increase goodness in the world. We are here to see that holiness is everywhere that we choose to look deeply. Underneath the worst problem is the most pain. Underneath the pain is an earnest plea for help. It is our task to find the original need and create a life today that answers it. Recovery gives us tools to sit alone and silent, and rediscover that we are eternally filled with the love of our God. It is not our thoughts, but our hearts that will lead us here.

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 Amazon.com.



RI RECOVERY INTERNATIONAL

BETTER. MENTAL. HEALTH.™

www.RecoveryInternational.org

PEER-LED WEEKLY MEETINGS • JOIN US

HOWEVER YOU CAN - WHEREVER YOU ARE

In Person Local Community Meetings

Telephone Meetings

On-Line Meetings

Throughout the United States

FROM Symptom-Led

TO Self-led

FROM Fearful

TO Group Minded

FROM Helpless

TO Joyful

call: 866-221-0302



ALL THE FUN WITHOUT THE STRUGGLE

*Mind is the Master-power that molds and makes
Man is Mind, and evermore he takes
The tool of Thought, and shaping what he wills
Brings forth a thousand joys, a thousand ills
He thinks in secret, and it comes to pass:
Environment is but his looking-glass
—James Allen*



During my time producing interview segments for cable news, I liked to pick up coffees for the director and myself. We both enjoyed being at the studio before everyone else began to stream in. On one of these mornings, I left the house after doing my morning routine of prayer and meditation, and was feeling fantastic. I was grateful, happy, and looking forward to the day with joyful expectation.

As I pulled up to the coffee shop, I was thrilled to see a parking space open right in front. Divine Order! Can you believe it? Amazing. I opened the door to the coffee shop and everything came to a halt: there was a wall of people standing in a line. Oh, brother! I've never seen a line this long before. Is it more important to get coffee or get to the studio before everyone else? I'll get us coffee, I figured.

The problem I have in a situation like this is that once my mind finds one little problem or inconvenience, it likes to point out more. While in line, I began noticing all the problems with this place. For starters, they should have two lines; one for customers getting 'coffee-coffee'—you know, the real stuff from the spigot—and another for those ordering goofy milkshakes.

These thoughts have a tendency to make me want to grumble to others. I knew the guy behind me would appreciate my complaints about the length of the line, and all the problems with this joint. He was going to have to wait even longer than me. Before I opened my mouth, I noticed a large woman commandeering the entire cream and sugar station.

"What the heck is she doing?" I thought to myself. "I don't believe this. She's not just mixing her coffee, she's making a peanut butter and jelly sandwich for her 3-year-old daughter who's staggering around, trying to keep her balance like a miniature drunk."

Keep in mind I still had at least thirty people in line ahead of me before I'd even get to order.

"Wait a minute... I've got to snap out of this."

That's when an angel must have whispered in my ear. "Darrell, life's an inside-out experience. Bless a thing and it will bless you, curse a thing and it will curse you. As within, so without." Yes, that's right. Then I noticed the woman had completed her task and was struggling with all her items toward the exit with her out-of-control kid. No one was coming in to open the door. She was on her own.

"Serves her right," said the New Jersey wise guy who lives in my head.

"I should go open the door for her," the big me thought.

"Don't be a bozo," thought the little me. "If you leave the line, you'll lose your spot."

I stopped resisting and went for it. I left the line and headed straight for the door. "Here, let me get that for you," I said.

When I swung the door open and looked at the woman, everything changed. She gave me a big bright smile and a 'thank you.' I felt like I loved this woman. She wasn't anything like the woman that I detested just moments before. Her daughter followed. Now I loved her, too. I even complimented her on her sippy cup! I walked back into line feeling high as a kite. The Love of God was once again flowing through me freely.

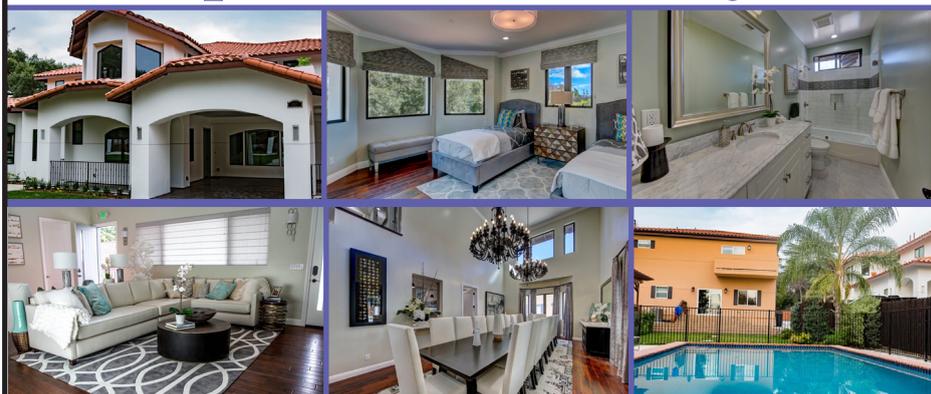
When I stepped in line, the seas parted. Before I knew it, I was in my car with the coffees. I rode a wave of green traffic lights all the way to the studio, and I arrived as early as I'd hoped to and even before the director. Thank God I didn't remain in line grumbling.

When we place our thoughts in harmony with God, we set in operation the mightiest force in existence: Love.

"Nonresistance is the expression of trust and faith in divine, perfect wisdom. It is also a choice I make... that I can set aside my human ego and allow my higher self to assess situations... I release any expectations of what I think should happen, and follow divine guidance." —Daily Word Magazine, Nonresistance, April 3, 2019

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

www.paxhouserecovery.com



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

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



Call Now (626) 398-3897



Moments of Change

2019

PALM BEACH, FL Hosted by Foundations Recovery Network

September 30 - October 3 | The Breakers

Featured Speakers



David Satcher

Former United States Surgeon General



Lori Jean Glass

CEO/Founder at The Glass House and PIVOT

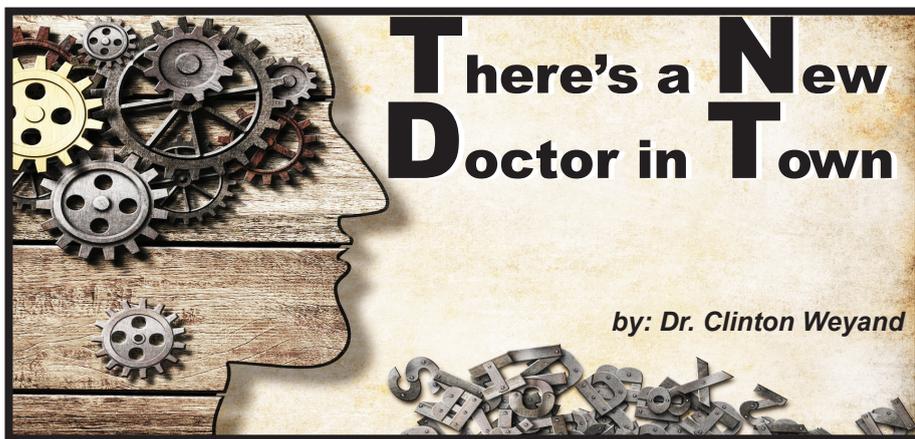


Brian Hufford

Partner at Zuckerman Spaeder, LLP

Register now at

FoundationsEvents.com/MOC



STEP 4 AND THE JUNGIAN SHADOW

Step Four helps us get in touch with our “shadow”, that part of us that we have hidden away for so long—our repressed nature and unhealthy resentments. While making our inventory, we see that our shadow is an integral part of us that must be embraced. This “shadow” hides our resentments, fears, and unacceptable feelings. In recovery, we learn to accept the good, the bad, and the gray.

The shadow also contains survival behaviors that we learned in childhood. In the context of our stormy early years, these behaviors and feelings were lifesaving. But their continuation into adulthood renders us “inappropriate”, and dysfunctional.

Jung understands that when taking a moral inventory, it is necessary to actually write down the details. Jung writes: *“A running commentary in dealing with the shadow, because otherwise its actuality cannot be fixed. Only in this painful way is it possible to gain a positive insight into the complex nature of one’s personality.”*

In A.A., there is an adage that when you point a finger at another, you are also pointing three fingers at yourself. The program of AA teaches that if you are disturbed by anyone, then the trouble is possibly within yourself.

The shadow is composed for the most part of repressed desires and uncivilized impulses, morally inferior motives, childish fantasies and resentment, etc. All those things about oneself one is not proud of. These “character defects” are often experienced in others through the mechanism of projection. The realization of the shadow is inhibited by the persona, or false self or “adjusted self.” To the degree that we identify with a bright persona, the shadow is correspondingly dark. For many, the shadow and persona are in a never ending conflict. Depression is healthy when the individual in recovery is chipping away at the persona (Ego deflation in depth.)

The personal shadow is looking for any way it can find to express itself, and often the addictive behavior or chemical is the first chance in many years the shadow has had to get out of the closet, the attic, or the basement, and it takes full advantage of its opportunity to take all it can get. This often manifests as the wild, dangerous risk-taking, embarrassing, out-of-control behavior of people when they are drinking or using, which is usually so different from their normal behavior.

Sometimes, alcoholism and other addictions are attempted short-cuts to creativity—a quick ticket, a free ride to paradise for the artist—but of course, it never really works out; it is only a very tempting illusion.

So many artists seem to be seduced by the allure of addiction—as with Satan and his false promises. Ultimately addiction swallows up and destroys creativity. All addictions are potential killers, and ultimately want everything burned and sacrificed on addictions’ alter alone.

Another task is to look at resentment and recognize how damaging it is to us. It is the number one offender and often the major cause of spiritual disease. Holding on to resentment causes stress, anxiety, and uncontrollable feelings of anger. If these are unresolved, serious emotional and physical consequences will develop. If we allow our resentments to prevail, serious depression can develop and ultimately destroy us.

The second-most destructive offender is fear. It is the emotion we most strongly feel when we begin to look at ourselves. When fear is present, our need to deny, ignore, and avoid reality increases. Our unrealistic perspective intensifies our emotional responses. As we inventory our fears, we may discover that they are a direct result of our inability to make decisions.

When preparing your inventory, choose the traits that uniquely apply to you. Don’t tackle them all at once. For now, work on the ones you feel comfortable doing. Come back to the difficult ones later. Record words and actions as accurately as possible. Take your time. Many people have done an inventory which includes inappropriate anger, approval seeking, compulsive care-taking, control addiction, fear of abandonment, fear of authority figures, frozen feelings, isolation, low self-esteem, irresponsibility, and repressed sexuality.

Those that are successful in recovery are living the meaning of the word SEARCH. It is important to enjoy the search and self-examination, and not beat yourself up. Some more suggestions: (1) I had to get honest about my dishonesty; (2) uncover to recover; (3) It’s okay to look back, but don’t stare; (4) It’s okay to visit the past, just don’t bring a suitcase; (5) If you don’t take a 4th, you’ll soon pick up a 5th.

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.



BUT I DON’T DIET

Excerpt from Almost Anorexic by Jenni Schaefer and Jennifer J. Thomas, Ph.D.

These days, many of us carry a smartphone. Consider this: would you have purchased your current brand if it had a reputation for failing the vast majority of the time? Probably not. But for years our society has kept dieting despite the well-documented failure rate.

Luckily for the weight-loss industry, dieters typically blame themselves when they gain the weight back, thus keeping their wallets open for the next miracle slimming plan. Some diets focus on a specific food, from grapefruit to cookies, while others, with the help of strategic exercise, promise to change a certain body part like your abs or backside. The tube-feeding diet, popularized in Europe, is so drastic that it requires a feeding tube that holds a minimal amount of liquid calories to be run through a person’s nose right down into the stomach! Low-carbohydrate diets are popular worldwide from Atkins (in the United States) to Dukan (in France). Others encourage more obvious, though no more effective, approaches such as consuming very few calories per day or skipping meals. Some people jump on a certain diet bandwagon only to jump off and then start the same, or possibly different, one later. Unfortunately, chronic or “yo-yo” dieting is typically associated with weight gain, rather than loss, over time.

You might be breathing a sigh of relief right now thinking, but I don’t diet. Jenni used to believe the same thing, even though she did restrict herself to small amounts of certain types of food due to concerns about her weight. That’s clearly one form of dieting. She knows that now. As the public has become increasingly savvy to the mantra “Diets don’t work,” the diet industry has stayed in business by cleverly repackaging its wares as “lifestyle changes.” Why else would they be promoting books with names like *The No Diet, Diet?* Although some life-style changes are healthy, others can be dieting in disguise. Here are just a few examples.

Food Allergies: Are you avoiding dairy or gluten because you think you might be allergic or intolerant? Food allergies involve a severe, possibly fatal, reaction to a limited number of foods—most commonly soy, wheat, eggs, milk, fish, shellfish, peanuts, or tree nuts. Studies suggest that approximately 6 percent of children and 1 to 2 percent of adults have bona fide food allergies, and must therefore abstain from at least one of these foods. Similarly, celiac disease, an autoimmune disorder that affects less than 1 percent of American adults, requires that sufferers follow a gluten-free diet and abstain from many types of foods and liquids, including wheat, French fries, soy sauce, and beer. Although food allergies are a very real phenomenon, in some cases they are just another smoke screen for dieting. A recent nationally representative study found that 96 percent of American adults who reported following a gluten-free diet tested negative for celiac disease via blood analysis. Indeed, the National Institute of Allergy and Infectious Disease explicitly discourages food allergy self-diagnosis, since people tend to be wrong in 50 to 90 percent of cases. According to Klarman Eating Disorders Center dietitian Jaimie Winkler, “With a lot of food intolerances, people cite bloating and stomach discomfort as ‘the symptom,’ but truthfully, it’s very human to sometimes bloat and have discomfort after meals. If it resolves within thirty minutes, chances are you aren’t allergic, just human.” In light of these findings, we recommend asking your doctor for a skin test, blood test, or food challenge test before emptying your cupboards of bread, nuts, and pasta.

Sugar and Flour Addiction: A new generation of research on the possibility of food addiction has identified that anticipation of eating highly palatable food activates areas of the brain similar to those activated by drugs and alcohol. Some, but not all, Twelve Step programs even ask their members to abstain from foods like sugar and white flour, which they believe are addictive. But there is no evidence that eliminating specific foods (such as flour or sugar) from your diet is an effective way to prevent binge eating. On the contrary, there is much more evidence that trying to eliminate these foods from your diet will make you even more likely to binge. Here’s why: we frequently crave what we won’t let ourselves have. Have you ever turned down a dessert that you really wanted at a restaurant only to get home with an intense desire for something sweet? Dr. Thomas has worked with many patients who have exhausted their willpower trying to avoid eating a delicious homemade cookie at a party, only to feel deprived and binge on an entire box of stale store-bought cookies on the drive home.

Caloric Restriction (CR) for Longevity: Proponents of CR for longevity believe that consistently consuming 10 to 40 percent fewer calories per day than your body burns will make you live longer. Although early research on rats appeared to support this hypothesis, a 2012 study of rhesus monkeys (who are genetically more similar to humans) failed to find any difference in lifespan between those who were adequately fed, versus those who were calorie-restricted. Moreover, as clinical psychologist Kelly Vitousek has pointed out, rats and humans live very different lifestyles: “Laboratory animals are typically isolated in individual cages, protected or exempted from germs, temperature variation, work, fatigue, social interaction, parenting and competition. In effect, their only job is to cope with CR, so that all of the meager energy supplied by their otherwise optimal diets can be put straight to that purpose. Think of it this way: if you are constantly hungry, irritable, and tired on a calorie-restricted diet, your life might just feel longer!”

This is a reprint from January 2017 - Jenni Schaefer is taking a short break from writing this column “Food for Thought”, while she works on her latest book. We will continue to have guest writers until she returns. We are so excited to read her book and will review it as soon as we get our very own copy! Visit www.jennischaefer.com.



MIRIAM'S HOUSE
**14th Annual
 Polo in the Palisades**

*September 21, 2019
 1 p.m. - 3 p.m.*

HONORING:

Interventionist and Addiction Specialist

Bill Ryan

Award for Distinguished Service

Founders of New Found Life

Ed and Mary Ann Spatola

Lifetime Achievement Award



www.Miriamshouse.org • (310) 390-3700

email: brenda@miriamshouse.org



CONSCIOUSNESS TECHNOLOGY RETREAT

October 18th to 20th, 2019
 Desert Hot Springs, California

With Michael El Nour

International Spiritual Leader

Author of 7 books and 100's of articles

Dr. of Homeopathy & Acupuncturist. Natural Healer.

RecoverYou!

Understand & integrate the 3 levels of Power
 Own your past. Morph your experience into a blessing.
 Build your future with the I Am Divine Self.

Experience higher frequencies and spiritual
 techniques in a loving environment.
 Meditate, activate your power. Retreat and detox.

FOR INFORMATION 760.342.8008

www.Archangel-Michael.us

OPTIONS

— for —

Recovery

An intensive outpatient substance use disorder treatment program for women. Program focuses on issues specific to women and their children and features a non-judgmental and nurturing atmosphere, a coordinated and inter-disciplinary approach, multi-ethnic staff, and an emphasis on long-term follow up and support.

CONTACT US:

(310) 222-5410

We're here



every step



of the journey

VISIT US:

1124 W Carson St., N-33
 Torrance, CA 90502

LA BIOMED/Options for Recovery is a Los Angeles County funded program



JOIN THE VOICES FOR RECOVERY:
TOGETHER WE ARE STRONGER

recoverymonth.gov



THERAPIST



MARY COOK

ADDICTION SPECIALIST COUNSELOR

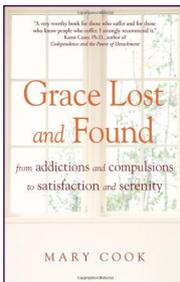
M.A. Psychology, C.A.O.D.C.

43 Years of Experience

310-517-0825

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

WWW.MARYCOOKMA.COM



by: Karen Hamza

RECOVERY OVERCOMES ADVERSITY

To cut to the chase honestly, I ended up homeless when I was using and drinking, I never anticipated becoming homeless after nineteen years of sobriety. My dog Tippy was naturally homeless as well. There we were in a position that I never could have imagined. Thank God for the tools I had learned, or I probably would have killed myself, as I had nothing to buffer the reality of that horrific state of homelessness and survival mode. I knew that drinking and using was not an option for me, although suicide was an alternative I had considered. I cannot even express how raw I was. I certainly did not know which direction to go. I was capable of focusing on surviving minute by minute, or just to take one breath at a time. I was so alone and had never met myself face to face in this fashion. I was hit hard and overcome with intense feelings. No one was there for me. I had to learn to survive without any of the amenities that I had worked for throughout my sobriety. In recovery, I had never anticipated such adversity. I began slowly applying the principals more towards my present circumstances. After a meeting, I spoke with someone who had stated to me, "If you are walking through hell, keep walking until you get to the other side", and that so resonated with me.

I found myself helping other homeless on the streets, and I would give them the little that I had; seeing myself in every single one of those unfortunates. I had become one of the invisible people. This caused me to feel a tremendous sense of sadness and tragedy. Thoughts raced through my mind regarding the high suicide rate among the homeless, how extremely dangerous it is to survive on the streets and how many are literally killed. The people I encountered came from different places, but ended up in the same place as myself, homeless. In my critical state, I knew that more had to be done. I had an intuitive feeling that had become a vision towards a solution. I knew that I needed to be as close to them as I possibly could to help them in saving their lives. I remembered that when all else fails, one should be of service. I started a weekly meeting for 15 plus years of sobriety. I assisted as many homeless people as possible. My heart was beginning to open up and feel immense passion and love; becoming more alive with each service opportunity. I was waking up, not feeling the depths of despair quite as harshly. The homeless became my life.

Amazingly, over two and a half years later I secured a little place for my dog Tippy and myself. I continued my mission to assist on the streets with a hand up, and not a hand out. I authored a resource guide for the homeless and for the ones that had animals. I knew that resources were critical. I created a one of a kind online newspaper and a wonderful organization from a tremendous amount of adversity and opposition. I would do my best to let go and let God. I continued to work the program and walk through Hell, until I got to the other side. I learned to never give up five minutes before the miracle. It was a long grueling five minutes, but somehow I kept that little bit of faith and hope even when I could not see or feel it. Believe me I still have obstacles, opposition and adversity in my life today. I am a work in progress. By the Grace of God, I have 33 years of sobriety and clean time. I do not take that for granted and continue to be of service because I know this will not only help to save my life, but to help others to save their lives as well! I created my organization to help save the lives of the unfortunates by providing, education and solution. We have a vet, groomer and a barber not to mention essential items for the homeless, with or without animals. If you would like to support my organization, please go to www.angelhanz.org to donate and / or volunteer. I hope to be of more service in the future, by working towards starting a recovery meeting in the park the day of my gathering. I have seen many die of this disease on the streets. Hopefully with additional people willing to volunteer, we can make this happen. I am reminded of the motto, "Just do not drink, use or run through adversity, as there is always hope!"

Karen Hamza, Angel Hanz for the Homeless, Inc., can be reached by writing to: P O Box 10716, Burbank, CA 91510, or call (818) 858- 4893 or visit their website: www.angelhanz.org

MICHAEL DOYLE
PSYCHOTHERAPY AND EMDR
Be Curious

SPECIALIZING IN:
ADDICTION, TRAUMA,
TRANSGENDER, ADOLESCENCE

Call **(323) 428-8655** or visit www.DoyleMichael.com

OFFICE LOCATED AT:
16550 Ventura Blvd. Suite #405A, Encino, CA 91436

Email: michael@doylemichael.com

Michael Doyle AMFT #102412 Under Supervision of: Lorraine Barak Psy.D., LMFT #15772

Psychotherapist & Hypnotherapist
Dr. Nita Vallens, Lic# MFC25909

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

818.783.6258
www.DrNitaVallens.com

Ross Phillips Therapy
Specializing in Chemical Dependency
and the Addicted Family System
Burbank & Eagle Rock, California

RossPhillipsTherapy.com
805-455-1614

Ross Phillips M.A., LMFT
MFC 100034

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



I AM Treatment Sanctuary



Alcohol & Drug Treatment

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

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

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

I AM treatment services include:

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

Our aftercare services include:

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



We accept most insurance plans. Payment options are available.



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



I AMtreatmentsanctuary.com

Now Available on Amazon.com
www.TheHangingTowel.us



The Hanging Towel

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



Amazing workout companion

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

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

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

This is NOT, a seat cover.

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

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



Workout Towel

Only \$ 15 ea. +Taxes & Shipping

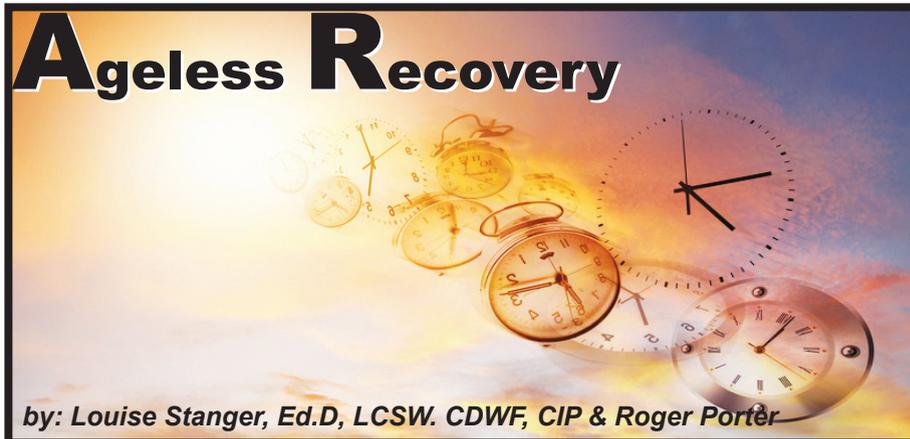
After Workout Towel for Car Seat

Only \$25 ea. +Taxes & Shipping

Call NOW (818) 447-0613

email us your order - itworksgood316@gmail.com

www.TheHangingTowel.us



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

FROM FEAR TO HOPE TO ACTION

THREE WAYS INTERVENTIONS CAN HELP FAMILIES

This month I want to address how hearts are broken by loved ones who are held captive by addiction. Each day I receive phone calls that I personally answer from family and friends who are frozen in fear, worried about how addiction has taken their lives captive.

Folks - wracked with grief - plead, beg, yell and scream to no avail. They have set boundaries and yet still give in time and time again. Whether it's your birth family, your chosen family, or your work family, I know how painful it is to watch someone you love struggle with substance abuse or mental health disorders. I also understand how heartbreaking it can be to feel as though you are witnessing someone you love disappear before your very eyes. Despair, grief, shame and outrage are all common emotions felt by friends and families of a loved one.

They are at their wits end and feel angry, alone, powerless and confused.

What if there was a way to find relief?

As a licensed clinician and a professional interventionist, my decades of experience with invitational interventions can show families that together we can make a difference. A professional intervention can lead you and your loved ones back to happier, healthier lives.

Hope is possible, again.

WHAT IS AN INTERVENTION?

An intervention is an invitation to seek help and professional care. It is a carefully planned process that may include family and friends, colleagues and coworkers, or anyone else who has an interest in and cares for the identified loved one to become healthier and stronger.

Despite an intervention being an effective form of healing and promise for a better future, families still experience fears related to helping their loved one return to balance and a healthy outlook. Here are three of the most common fears I encounter working with clients, and three ways an intervention helps overcome these fears.

Fear #1: My loved one will never get treatment.

It's a natural reaction when you love someone to want to help them when they need it most. However, most addicts have a strong sense of denial when it comes to their addiction. This makes approaching discussions around treatment all but impossible for family members and friends. Many conversations may feel confrontational and become derailed by emotion, leaving everyone drained and frustrated.

Solution: An interventionist brings hope and acceptance to a difficult reality.

By providing a new perspective, a professional clinically trained interventionist like myself creates an opening to facilitate a loved one getting help. With guidance in the conversation, emotional hot buttons are avoided and the sense of ambush is diminished. As a clinician and certified intervention professional, I help ensure that your loved one is respected, valued and cared for rather than threatened. As I wrote in the opening, this is an invitational intervention, which means everyone involved asks the loved one for permission to accept treatment and care. When this happens - a loving and accepting environment is created for the loved one - change is possible. Then I guide the loved one, family and friends on the available treatment options and facilities that are the right fit for your loved one's unique needs.

Little known fact: interventions have an incredible 90% success rate when led by a professional interventionist. Still, less than 10% of families will make the decision to seek professional help.

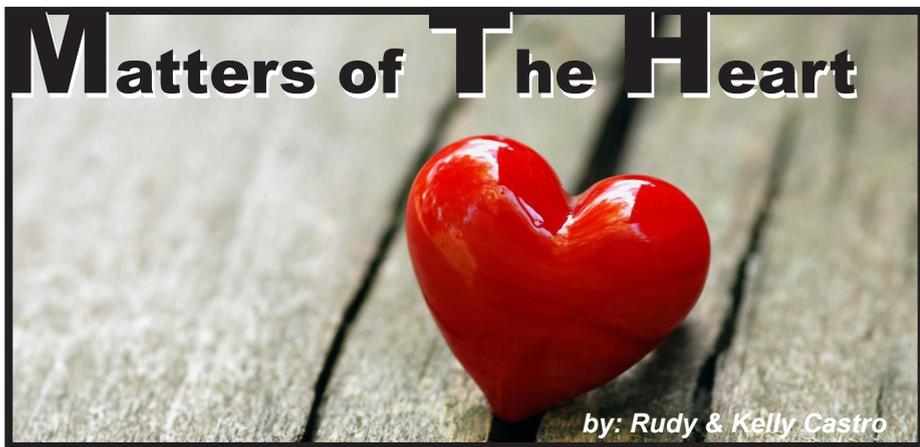
Fear #2: My family will remain torn apart by addiction, disorders or mental illness.

Addiction and mental health disorders affect the whole family. Even if one family member doesn't drink and has never used drugs or illicit substances, they may experience trauma such as ACA, or adult children of alcoholics, as I wrote in a previous post for this column. Other issues bubble up to the surface and removes the family from healthy living. If left untreated, the issues that come from substance abuse and process disorders may last for years and affect future generations.

Solution: An intervention restores hope by providing education, tools and resources.

As family and friends learn new ways of relating to one another, they are also gently invited to look at their own behaviors.

Con't Page 22



GETTING HIGH ON GOSSIP

Yes, this is a thing. Let's first define gossip:

- 1) Anything said that leaves the person being spoken about diminished in ANYWAY. It does not have to be major - in fact a lot of gossip is subtle and still extremely damaging.
- 2) Going to someone with a problem (about someone else), who cannot help in anyway contribute to a solution.
- 3) The information being shared offers no real value - meaning it won't help the person being spoken of, nor will it serve or protect the person being spoken to.

THE DAMAGE

Gossip is impactful and causes unnecessary harm to those speaking, those listening and those being spoken about. Gossiping supports separation. As we are moving into a collective experience of oneness, we want to be mindful and aware of all the beliefs, thoughts and behaviors that will keep us stuck in this illusion of the ego, that "I" am over here and "YOU" or "THEY" are over there.

Gossip also colors the lens for the person listening, of the person being talked about. Even those who are strong minded and independent can be subtly influenced. Seeds are planted in the subconscious mind and will go to work to find evidence to support the information. This may not happen every time - however, it happens more often than not.

Gossip destroys the safety of a relationship and cuts off the energy of vulnerability and intimacy. In our partnership we do not go outside of the relationship to speak poorly of one another. We may seek support from trusted friends and advisors to resolve our issues, and then ALWAYS come back together and work through things together. This protects our most sacred relationships.

WHY DO WE GOSSIP?

Mostly, we do it because it is intoxicating. Nothing like getting high on judgement, superiority, self righteousness, and false connection. In my original family system I realized that it was an artificial flavor of intimacy. We all longed to be close to one another and were terrified of it at the same time. We see this in many people we work with.

As for the judgement, superiority and self righteousness... These are all extremely intoxicating. Intoxication creates distraction and keeps us away from our own pain, and the deep work that we have come here (to this planet) to do.

WHAT IS UNDERNEATH THE BEHAVIOR?

Any time there is a living branch, there has to be a living root. When we are acting out in anyway it is a symptom of a greater issue, and we can look (in this order) to start working towards that, rather than keep ourselves in the noise of distractions.

Fear - survival mechanisms always indicate that fear is present. There is no need to survive anything that doesn't feel threatening. When we can pause and remember this, we may begin investigating those fears and what is driving the behavior. Is the fear about self? Others? Are we afraid of abandonment, rejection, not being enough, our own insecurity, being hurt, or possibly someone we care about being hurt?

Once we start recognizing the fear we can drop deeper into the feelings. What is this fear trying to protect me from? Feeling alone, feeling hurt, feeling grief? The survival mind has two sole purposes - keeping us alive and avoiding pain. It can be a vicious cycle in which something traumatic happens, the mind finds a clever strategy to avoid feeling/processing the pain of that incident, and then stores information about that experience and commits to protecting us from ever experiencing that again.

Here is the breakdown of this. Yes, we can survive. However, we will never truly be free. Our humanity fights against our spiritual process. We will continue to attract and create scenarios that resemble the original wound. This is not bad. This is not a problem. This is the opportunity over and over again to face the original wound, and allow it to finally be processed. That energy is trapped in us and wants to be free. So, fear is the alarm clock for us to recognize that there are deeper feelings that want to be expressed. When we can master this process we have risen into full responsibility for ourselves and our lives.

I recently had a very close friend and sister talk about me to someone else from a place of judgement. Ouch. This one hurts. It still goes deep for me. My mind's solution is to avoid her or end the relationship. She feels like a threat. What I know is that this experience keeps showing up for me over and over again with women, which tells me I have more to heal around this pain.

WHAT IS THE SOLUTION?

Con't Page 22

Vita Behavioral Health Drug & Alcohol Rehab Treatment



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

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

All PPO Insurance Accepted - Located in Van Nuys California

www.VitaBehavioral.com

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

Altadena Recovery Center California Non-Profit

626.765.6905

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

We accept PPO & Private Pay

3025 N. Lincoln Ave., Altadena, California

www.AltadenaRecoveryCenter.org



Better Care Within Reach

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

(818) 903-8440

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

ColorBlindRecovery.com

ROMEY'S RECOVERY HOUSES, LLC

**Sober Living Beds
for both Men & Women**

2132 N. Summit Ave.
Altadena, California, 91001

CALL TODAY!

626-534-2449

Jerome A. Mims

CELEBRATING OUR 50TH YEAR



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

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

www.ATCENTERLA.ORG



**Jeff Schlund
Outreach Manager**

Cell 626-372-4550

Direct 760-423-6728

Toll Free 855-348-7018

JSchlund@hazeldenBettyFord.org

www.HazeldenBettyFord.org

www.Momentumsvcs.org



Recovery is Possible

Call 424.421.4068

The First Drink

Gets You Drunk



Written by: K.P. Hadley

“The first drink gets you drunk.” I was shell-shocked the first time I heard that phrase. It was October of 2005 and I was attending one of many court-mandated AA meetings in my hometown of Chicago. I was dutifully going to two meetings a week per the judge’s order, though I would occasionally stop by the local liquor store on my way home to satisfy a craving that was beyond my mental control. Unlike many people, I had no problem identifying myself as an alcoholic. I could admit that with no hesitation. However, *accepting* the fact that I was an alcoholic proved to be something else entirely. The fact that I could never drink normally; that I was bodily and mentally different than my fellows; and that I was maladjusted to life and in full flight from reality was simply too harsh to bear.

I entered the rooms of Alcoholics Anonymous reluctantly, as I had no real intention to quit drinking. Truthfully, I never even considered the possibility of curbing my habit, because I honestly could not imagine life without alcohol. For me, liquor had ceased to be a luxury and became a necessity by the time I was fifteen years old. It was evident from the very start that I was incapable of “drinking like a lady.” The concept of moderation, too, was foreign to me, as the goal was never to get tipsy – it was always to achieve oblivion. I didn’t want to feel. I wanted to forget. To forget what, I’m not sure exactly. Possibly the fact that I felt different, and “less than” those around me, and that I was constantly in a state of fear and paranoia. That it seemed as though everyone else in the world had a good grip on themselves and their lives while I was drowning in a pool of self-doubt and self-pity. I was drowning in *self*, period. For these reasons and more, I continued to pick up that drink, and gulp it down so as to speed up its effect. It was the effect, after all, that I was after. The taste was secondary. This fact alone should have signaled that I had passed the stages of being a problem drinker, and slid directly into the category of a chronic alcoholic.

The question then remained: is there a solution to this madness? And better yet: was I ready to *accept* that solution?

Fifteen years ago, I was on my 2nd DUI, and, for reasons known only to my higher power, I had not hurt or killed anyone during my latest stunt. There was a dozen or so of us standing outside during the cigarette break of the meeting where I was loitering with no intent of recovery. It was wintertime in Chicago, and the weather was below freezing, so we all huddled together for warmth as we smoked and made mindless conversation between chattering teeth. I mentioned to one of the attendees that I was grateful I’d only “had a few” the night of my arrest, as I feared the outcome would have been worse had I downed my usual amount of alcohol. One of the old-timers overheard my confession, and after a deep pull of his cigarette, casually said the words that I will never forget: “You know, it’s the first drink that gets you drunk.”

I stared at him, open-mouthed, as I had never before heard such a statement. What did he mean, “It’s the first drink that gets you drunk?” One only had to do a brief review of my drunken antics to conclude that it was around the 4th or 5th drink that I started trippin’. Why, that first drink merely wet the whistle! I swallowed that one down so quick I barely even tasted it, so how was it that this fellow was declaring it got me drunk? I could not understand what he meant, and yet I could not get his words out of my head. His statement rang true just as much as it puzzled me. It was not until years later, when I crawled back into the rooms after a near-death experience, that I finally understood.

When I read the big book of Alcoholics Anonymous, I learned in the “Doctor’s Opinion” that I suffered from something known as the “phenomenon of craving.” The moment I ingested *any* mood or mind-altering substance, an obsession was immediately set off in my brain that sig-

naled “Go Time.” Once this switch was pulled, I automatically lost control. To complicate matters, the chapter of the “Doctor’s Opinion” went on to talk about how alcoholics have an allergy to alcohol, which confused me. I considered an allergy to be something like when my little cousin was bitten by a bee, and her eyes swelled shut with hives breaking out over her body. To my surprise, I discovered that the dictionary actually defines an allergy as “a damaging and hypersensitive reaction to a substance that may prove harmless to others.” This, of course, described my relationship with alcohol to a T. When I drank, my actions became damaging, while most of those around me maintained control. It wasn’t because they had more willpower than me, or because they were more disciplined. It was because alcohol didn’t have the same effect on them. They could take one drink without immediately needing more. Such was not the case with me, and once I could finally accept that, I was ready to step out of the problem and into the solution.

For many years, I was convinced that alcohol was my problem. It later became clear to me that alcohol was actually the *solution* to my problems. Alcohol was just a symptom of my soul-sickness, like a runny nose is just a symptom of a cold. I was attempting to fill a God-sized void with anything *but* Him, while steadily wondering why *more* was never enough. Once I got down to the causes and conditions of my alcoholism, I was able to finally start the process of clearing away the wreckage of my past. This was not an overnight matter, by any means. It soon became clear to me that not only did I have a lot to learn, but I had a lot to *unlearn* as well. After all, I hailed from one of the most dangerous cities in the nation. I had spent my life surrounded by drug dealers and killers, and my mentality reflected the company I kept. I was guarded, hostile, and moody. My hands and teeth were always clenched because I was prepared for attack at every interval.

There was a sense of danger and impending doom that followed me wherever I went – as the expression says, “No matter where you go, there you are.”

It didn’t take long for me to discover that the mentality I carried in my addiction served no purpose in my recovery; in fact, it hindered it. I learned that I had to let go absolutely of those old thoughts, attitudes, and habits I brought from home if I were to have a fighting chance of maintaining my sobriety. Actually, let me rephrase that: I didn’t *have* to let go – I *got* to let go. It was a privilege for me to have received a second lease on life, and an opportunity to begin living in the sunlight of the spirit rather than the shadow of Satan. It was a blessing that alcohol had finally beaten me into a state of sweet reasonableness that provided me with the gift of desperation that only the dying receives.

I didn’t have to be scared anymore. There are two acronyms for FEAR: “Face Everything and Recover,” or “Forget Everything and Run.” I was tired of running – I really didn’t have any other place to run to. The only options I had in my active addiction were jails, institutions, or death. There was only one stop left on that train and rather than ride it to the bitter end, I surrendered. A lot of people consider the word “surrender” to be a bad one. They associate the word with failure, or weakness. I look at the concept of surrender a little differently.

Take, for example, a drowning man. Even if help arrives, he cannot be saved unless he stops struggling. It does not matter if it is an Olympic swimmer or the Coast Guard that comes to his aid. Their saving efforts will be unsuccessful until he *lets go and allows himself to be pulled to safety*. This realization proved to be a significant key to my recovery, and provided somewhat of an insurance policy against picking up that first drink. I began to fully rely on God for the strength not to pick up, just for the day – sometimes, just for an hour. Life is definitely in session and some days are more difficult than others. Being sober requires that I participate in reality, with all of its ups and downs. I get triggered, encouraged, disappointed, and proud – sometimes all within a 24-hour period. At the end of the day, though, no matter how I feel, I’m just grateful I can finally feel it.

K.P. Hadley holds a masters degree in counseling psychology and is a registered addictions specialist in the state of California. She is a native of Chicago, IL, and the author of Mixed Nuts – the Memoir, available at Amazon.com. Contact her at mixednutsthememoir@gmail.com for speaking engagements and interview requests.



Handyman Services by John Paul

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

- Honest
- Hardworking
- Experienced
- Reliable • Great prices

818.447.0613



“CRI-Help didn’t change my life, CRI-Help *gave* me a life.” - Mary G.

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

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

800-413-7660 • cri-help.org

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

ADDICTS
HELPING
ADDICTS
SINCE 1971



11TH ANNUAL LOS ANGELES

REEL RECOVERY FILM FESTIVAL[®]



Oct. 11-17, 2019

Laemmle NoHo Cinema
5240 Lankershim Blvd.
North Hollywood, CA 91601

FILMS
FROM:
1-10 PM

BRING IN
THIS AD FOR
FREE
ADMISSION

FEATURES • SHORTS • DOCUMENTARIES
FELLOWSHIP • SPECIAL EVENTS

For more information, contact Leonard or Ahbra
818.762.0461 or ahbra@reelrecoveryfilmfestival.org
www.reelrecoveryfilmfestival.org



by: Sandra K. Wilcoxon

SEVEN KEYS TO A BETTER LIFE

Recovery International helps people deal with the ups and downs of daily life. While we focus on people with depression, anger and mental illness, these methods can help family and friends as well.

1. Be group-minded. We are all part of many groups: a husband and wife, the family unit, a group of friends, a classroom of students, a team at work, or member of a club. If one acts in the best interests of the group instead of in one's own self-interests, harmony is maintained by fostering a spirit of partnership.

2. Humor is our friend, Temper is our enemy. If one can see the humor in any given situation—especially a stressful one—then it changes your outlook and response to it. The external environment provides many minor irritations every day—if you allow these to annoy you, you will get worked up and be miserable. If you refuse to let these affect you by laughing things off and developing your sense of humor, you will control your temper and relax.

3. Don't take yourself too seriously. This is closely linked to the first two. If you take yourself too seriously, you are self-focused instead of group-minded. You will give great importance to your own thoughts and feelings, often to the detriment of seeing things objectively. Taking yourself too seriously can come across as arrogance: acting like you know all the answers and always proving that you are right. This tends to alienate people and prevents you from hearing differing opinions. So laugh at yourself once in a while, and listen to others.

4. Try, fail, try, fail, try—succeed! You also know this as “try, try again”...many of the Recovery keys are common-sense sayings that we have heard throughout our lives. Knowledge teaches you what to do, but practice tells you how to do it. For example, when first learning to drive one has to think about moving your foot from the gas to the brake pedal, and looking at the side mirrors, and watching traffic—it was hard to do it all at once. After practicing though, you don't even think about these little things, you do them automatically. This is called gaining “muscle memory”—doing something enough times that it is ingrained in your being.

With practicing good mental health, there may be times when one has to concentrate on certain actions, and it may go well or it may fail. People who are learning a complex behavior such as holding down temper, need a lot of practice to help this behavior become ingrained and automatic. So, it's important to try again, and again, until you succeed.

5. Do things in part acts, or “one step at a time.” Most jobs, activities and tasks are complex. But, if broken down into smaller steps, even large tasks can become manageable. If you are dreading doing a big task—at work, around the house—break it up into smaller steps and congratulate yourself each time you complete one of these “part acts.”

6. People do things that annoy us, not to annoy us. Many of us get annoyed at other people for silly, little things. And what's worse, they seem oblivious to it. But usually it's not personal—whatever someone is doing that you find annoying is not directed at you, it's just something they are doing. It's easier to let go of the frustration once you realize that it is the action that may be bothersome, not the individual. Then you can forgive or laugh at the situation.

7. We can't change an event, but we can change our reaction to it. This is all about us—how we react to any given situation. If an event is disturbing, upsetting or alarming, we choose if we get upset, take it in stride, or even laugh at it. The important thing is to recognize that we control our reaction to whatever situation we encounter. If you can't change your spouse or your co-worker, you will have to change your attitude toward them or the situation.

It was hard to narrow down to seven from all the tools the Recovery Method provides. There are many others—hundreds of reminders and suggestions of ways to deal with what life throws at you. For many of us, a few key phrases may be sufficient to maintain our equilibrium, and perspective during daily life.

Let's think about the one in five people who suffer from a mental illness. You may have family or friends who have dealt with depression, panic attacks, anxiety, schizophrenia or even suicidal tendencies. To augment professional care, self-help groups like Recovery International and other peer-led programs, can provide structure and cognitive behavioral techniques to help people lead more peaceful and productive lives. Together, we can help people achieve better mental health.

Written by, Sandra K. Wilcoxon, CEO of Recovery International. For more information, visit www.recoveryinternational.org or call (312) 337-5661.

Dave Pelzer, *A Child Called It* John Lee, *The Flying Boy* The Eleventh Annual It Happens to Boys Conference

October 4, 2019 8:30 AM to 5:00 PM

ABC Recovery Center
44359 Palm Street
Indio, Calif.



Advanced registration: Before 9/1/19 \$100.00 Students \$50.00
includes lunch. CE's available
After 9/1/19: \$125.00 and students 75.00, includes lunch
See website: www.creativechangeconferences.com



Dave Pelzer John Lee Carol Teitelbaum Jerry Moe Dr. Mark Pirtle



Mike Schaub Robert Teitelbaum Scott Smith Daniel Marquez

Help by sponsoring or being an exhibitor

A must attend event for professionals and organizations serving men who were sexually traumatized as boys. For eleven years Creative Change Conferences has brought together some of the brightest names in the field of mental health and recovery to explore the links between child abuse and addiction, depression, low self-esteem, relationships and intimacy dysfunction, compulsive pornography use and more.

“You can always hear the laughter but seldom hear a tear fall.” Keith Johnstone



MAKE THIS MONTH ABOUT RECOVERY

Last September for National Recovery Month, I did a lot of recovery blogging and writing on my site. I shared about how recovery really works and is possible. I celebrate my own recovery every day, especially because gambling addiction is not that widely promulgated. We just don't hear that much about it. My addiction is silent and requires no substances and therefore can be more deadly than any other dependencies combined, by suicide. So you would think it would be in the news media, newspapers and social media, right? Wrong. Even with millions of Americans gambling addiction leads to hopeless pain and financial misery; for some, it leads to death.

The National Gambling Impact Study Commission report estimates that nearly fifteen million men, women, and children have a problem or pathological addiction to gambling. Gambling-related suicides are increasingly common, as legalized gambling continues to spread throughout America. As many as one in five problem gamblers will find themselves in a state of darkness and hopelessness, and will try suicide. Gambling addiction is currently the #1 addiction taking lives by suicide over alcoholism and opioids combined. It blows my mind, and yet hardly anything is being done about it. Many advocates like myself are trying to make noise, change, and share awareness, but we need more people willing to speak out about this addiction.

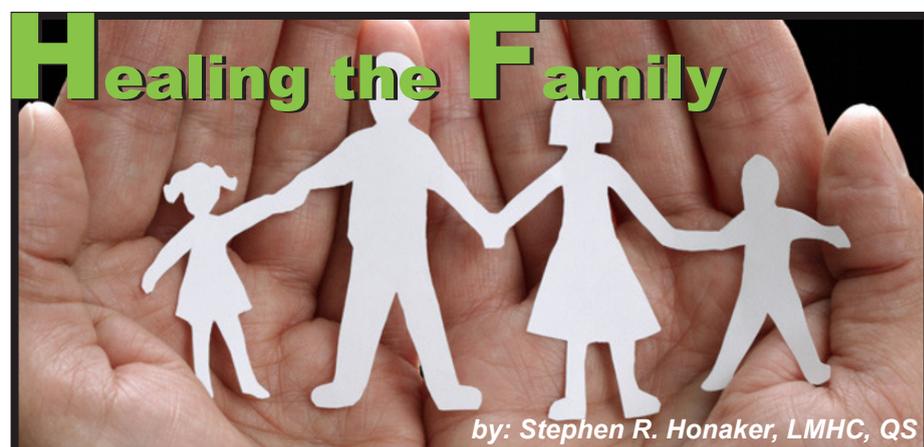
So, as we celebrate National Recovery Month another year, for gambling problems, sadly not much has changed regarding this deadly addiction. The opioid epidemic seems to have stolen center stage while alcoholism rates are still rising, just as the expansion with more gambling options and venues growing like legalized online sports betting, in several states. Why are we celebrating recovery when lives are being taken each day at an alarming rate, when it seems people with all addictions are growing more out of control instead of decreasing and finding solutions. For one, our government needs to step in and step up. The time is now for them to take some ownership and accountability of this problem as they are not doing enough. They only continue to kick it back to all individual states around the country to handle it on their own.

To many advocates in the addiction/recovery arena, we feel this is unacceptable. Why not make for-profit treatment centers, rehabs, big pharma, and behavioral health centers start helping out without asking for more funding from the government. We already know they are broke. What about passing a bill or legislation to force the above facilities throughout this country to give or open a percentage of beds for those with no insurance coverage nor the money to pay for treatment? This would make an immediate impact right now. I connected Jim Downs with Ryan Hampton about this idea that Jim has been working on. He calls it The Fair Recovery Act. And I know how hard Ryan works to get the change made on Capitol Hill and to get laws changed or passed to put new regulations and legislation on the books regarding opioid epidemic and treatment, rehabs, and sober living facilities. To force higher standards that will help those looking to recover. We need more longer-term after-care for those who reach out for recovery. Not just paid for, and not only a 28-day treatment stay. And this is needed for gambling addiction and treatment as well.

Founder and Advocate Les Bernal also works in Washington, D.C. to make changes through 'Stop Predatory Gambling.org. He says, "Isn't it time for insurance companies to stop dictating who lives or who dies from any addiction? Is it not right for any addict to ask for a more prolonged treatment for free and not be in bondage to the insurance companies for their treatment? We all know most cannot afford addiction treatment if you have no insurance, right? Even the cost alone if you have insurance is way too much for what addicts receive and why treatment is usually cut off by about the 28th to 30th-day benchmark. Look, this is not a political issue, it's being fair to those becoming addicts, and it is a "humanity" issue as people have a right to treatment and recovery. All people have a right to be happy and healthy.

Many would have a better chance of long-term recovery if treatment were at a length of 3 to 6 months or longer. Then into recovery living for 6 months to a year. Most of us know this to be true. So as another National Recovery Month comes and goes, think about the this and think about how we can make more positive changes. Everyone who is sick and suffering from addiction deserves it. Even those looking to recovery from gambling addiction and "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, Facing Addiction.org and Heroes in Recovery.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.



TOXIC ENABLING OF ADULT CHILDREN

I was recently speaking with a former patient, who is a first-time father to a 9-month-old daughter, about the strength of parental love. As the conversation progressed, I described to him in some detail the birth of my daughter (who is now 13 years old) and an immediate realization that I had after only five minutes of her young life. As I held my daughter for the first time, gazing into her beautiful brown eyes, I knew that I would not hesitate to step in front of a moving train if that became necessary to protect her. The power of parental love had overtaken me (just as my mother warned me it would). The bond of love between parent and child is an amazing and sometimes scary gift. This gift allows the parent to hopefully nurture the child into becoming a healthy and well-adjusted adult. But what happens when the strength of that love actually becomes a significant deterrent to the adult – child's health and well – being? Welcome to the world of toxic enabling.

SYMPTOMS OF TOXIC ENABLING: As a family counselor at Origins, one of my primary roles is to assist the family in learning how to support their loved one in treatment in a healthy way. When working with parents of adult patients suffering from a substance use disorder, toxic enabling is often the number one barrier that I have to overcome. While toxic enabling can manifest in numerous ways, frequently the symptoms are as follows:

- The inability of the parent to allow their adult child to have anything but a "soft" landing.
- Fear that the adult child will be angry with them, (or reject them) if they say "no" or set a boundary.
- Constant "walking on eggshells" around the adult child out of fear that they may cause the adult child to relapse.
- Taking responsibility for the problems of the adult child, solving the problems of the adult child, and/or offering solutions to problems that the adult child may not have even thought about, realize they have or even care about.
- Allowing their fear or guilt to be used as fuel for manipulation.
- Becoming overly controlling out of fear of what will happen (something terrible) if they don't.
- Confusing "love" with "rescuing."

LOVE AS THE FOUNDATION FOR TOXIC ENABLING: While parental love is primarily the catalyst for toxic enabling and the foundation that it is built upon, several other factors construct the walls. Those walls, if not torn down, often create a prison that traps the adult child and makes it incredibly difficult to escape the confinement of addiction. *These other factors are as follows:*

- Lack of accurate information – Often parents simply lack the information necessary to make healthier choices as it relates to their adult child. While this is (in my professional opinion) the least likely reason for enabling, certainly educating family members regarding how to support their loved one in a healthy manner is vital for change to occur.
- Fear – Frequently parents of adult children struggling with addictions are paralyzed by fear. This fear drives them to engage in enabling behaviors as a means of staving off catastrophe. Enabling behaviors also temporarily lead to a reduction in the fear of the parent. Those behaviors, unfortunately, also trap their adult child in the cycle of addiction.
- Guilt – There are times when parents feel guilt around past decisions that they have made that they feel (correctly or incorrectly) have harmed the adult child in some way. Engaging in enabling behaviors with their adult child leads to a temporary reduction in their guilt. Unfortunately, similar to fear, it also supports and reinforces the cycle of addiction.
- Unresolved Family of Origins Issues of the Parent – Finally, when parents have unresolved issues from their own past that they have not dealt with, it makes avoiding toxic enabling almost impossible. Parents may still be trapped in a childhood role (hero, rescuer – placator, etc.) from their own family of origin, and/or are attempting to resolve family of origin issues in their adult child (trying to save their own alcoholic father or mother by saving their adult child). Until the parent is willing to engage in work on their own core issues, it will be virtually impossible for them to support their adult child in a healthy manner.

In closing, equipping parents with new and healthier ways to love and support their adult children suffering from a substance use disorder can be a challenge. Parents must be willing to not only gain new insights and challenge old patterns of thinking (and behavior), but also have a willingness to engage in their own clinical work when needed. Only then can both the parents and the adult child have the opportunity for a healthy and fulfilling life.

Stephen R. Honaker, LMHC, QS, Family Counselor, is a Florida Licensed Mental Health Counselor and Qualified Supervisor and is trained in EMDR. Before joining Headwaters, Stephen created and facilitated self-created and developed family programs for numerous treatment programs throughout Florida. He facilitates the week-long Family Education Program which allows him to serve not only family members but also patients throughout Headwaters at Origins and all units within Hanley Center at Origins. As one of the nation's premier behavioral health organizations, Origins Behavioral HealthCare embraces both the patient and the family system in order to provide a complete and thorough recovery experience. OriginsRecovery.com (844) 452-9959.



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 w/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, Mon.-Sun. 7:30am to 10pm. Every 3rd Sun. 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.

MONDAY SEPTEMBER 2ND, 2019: Radford Hall Labor Day BBQ Fundraiser. 1 pm to 3 pm. \$8 pre-sale tickets, \$10 day of event. Meeting at noon before the BBQ. At Radford Hall 13627 1/2 Victory Blvd., Van Nuys, California.

FRIDAY SEPTEMBER 13TH TO 15TH, 2019 Arizona State Convention Of Alcoholics Anonymous. RIVERSIDE RESORT HOTEL AND CASINO Special rate of \$69 + tax. 1650 S. Casino Dr. Laughlin, NV 89029 booking code: C/AZAA. For more info visit www.area3.org, Questions? Email ConventionChair@Area03.org Arizona Area Committee c/o District 9-901, P.O. Box 901 Kingman, AZ 86402.

SUNDAY SEPTEMBER 15, 2019: 3rd Annual Lights of Hope. Celebrate Recovery event held at Rail City Garden Center, 1720 Briery Way in Sparks, Nevada. Dynamic speakers such as Grant Denton and Pat Cashell. Candle lighting vigil and refreshments will be served. Resource tables will be set up for community awareness. Don't miss this! You can be a part of the solution to the opioid epidemic. All are welcome and the event is free. 6-7:30

SATURDAY SEPTEMBER 21ST, 2019 Annual Festival of Recovery, SHARE! Downtown Los Angeles. AA, NA, CA, EA, ACA, Recovery is Possible. 10am to 4pm Free Lunch, 425 S. Broadway Blvd., Los Angeles, CA 90013. For More information call (213) 213-0100. www.ShareSelfHelp.org

SUNDAY SEPTEMBER 22ND, 2019 Vesper House Fundraiser, 11am to 5pm. Held at Valley Lodge 446 North Varney St., Burbank, California 91502. Live Music, Bands Playing 11am-4pm. Join us for Great Food, Fun and Fellowship. \$10 suggested donation. Speaker Meeting at 5pm.

FRIDAY SEPTEMBER 27TH - SEPTEMBER 29TH, 2019: 45th Woman To Woman San Diego, California. 2019 Conference for recovering Alcoholic Women. The Dana on Mission Bay, 1710 West Mission Bay Dr, San Diego, CA, 92109, www.womantowomansandiego.com or email: womantowoman-sandiego@gmail.com

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

To find local meetings and events all year long call

Alcoholics Anonymous San Fernando Valley Central Office

16132 Sherman Way,
Van Nuys, California 91406

Telephone: 818-988-3001

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

VOLUNTEERS ARE ALWAYS NEEDED

Book, CD & Video Reviews



THE GIFT OF ACCEPTANCE, "Embracing People and Things as They Are". By Daniel A. Miller. Published by Ebbs and Flow Press.

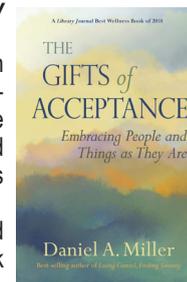
I understand why this book is a New York best seller, with over a million sold. Daniel A. Miller has written a masterpiece in this book, on the art and science of acceptance. This book reveals the paradoxical relationship between true acceptance and transformation; the key to serenity, vitality, clarity, love, joy and wisdom. This book is truly a gift to anyone who takes time to read the precious words Daniel has written for us.

This is a topic (I am sure many of us need to work on), I know I have needed to work on acceptance myself for many years; so when I read the title of this book I thought, "I will give it a try, it may help me". WOW was I right.

Daniel uses not only several actual case from his work, but also shares his own personal experiences to help us see, that ALL of us have work to do in this area. And more importantly why it makes life better for us, and the person we feel needs to change. This doesn't mean that we are to accept all things as they happen: It means that we realize the importance of focusing on us, and our role in the experience and not try to change anyone else.

Daniel points out sometimes those things we want to see take another path do so on their own, and our being accepting of them gives them the room to make the changes necessary.

Daniel reminds us; we are all dealing with some events, people and situations over which we have no control. He reinforces the idea that, at times, I too need to keep my strong opinions in check, and must also accept decisions and outcomes with which I do not totally agree. This is a must read for the entire family. Benefit from it and refer back to it often as life goes on. Available at Amazon.com.

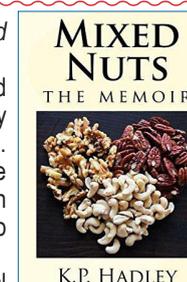


MIXED NUTS: The Memoir. Written by K.P. Hadley. Published Pink Cloud Publishing.

Fierce!!! I LOVE this book! I LOVE Kendra Hadley's straight forward and honest writing style. This book is another wonderful example of a modern day miracle. The author takes you into the depths of her disease, and back out again. She holds nothing back in the retelling of her own personal nightmare, so that the reader can identify, because as we know once we identify the problem, only then can we move into the solution. K.P. tells her story in the hopes that she can help at least one person. I am sure this book will help thousands if not millions.

Kendra writes not just about her addictions, but of her fight with mental illness, and her experience, strength, and hope with medications. She has lived multiple lifetimes in her short life. This is a story of redemption (my favorite kind) and the strength of the human spirit. It is not easy to be so honest about our past, and yet K.P. is beyond honest, she's real! Like I said at the beginning, Fierce!!!

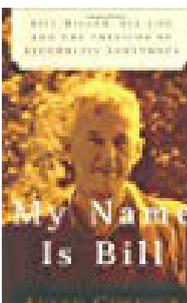
Each chapter is a different period of her life, and I felt as if I were there with her. I wish this woman was in my life as a friend and trudging buddy. I love how at the end of the book she ends with hope and solutions for the reader. Her courage inspired me, her honesty moved me, her story of redemption humbled me. I give this book 5 shiny gold stars. Available at Amazon.com.



MY NAME IS BILL, BILL WILSON: His Life and the Creation of Alcoholics Anonymous. Written by Susan Cheever. Published by Simon & Schuster, Inc.

Susan writes from the depth of Bill Wilson's soul, this book reveals the honest and compassionate way Bill saw alcoholism, with all of its horror and helplessness. His personality was structured to embrace all of what was needed to overcome the obsession of the mind to drink, and the bodies physical need for the hideous liquid called Alcohol, in all of its forms. I was impressed with the fluidity, of how gracefully Susan brought Bill to the forefront of our minds, with his sense of humor and candor that gives us a sense of his humble spirit. Many people in A.A. have read the "Big Book", which outlines the road to sobriety, but now we get a look into the man who helped write it.

This book is a must read for all of us who are "a friend of Bill's", and for those that need such a friend as Bill! The era in which he lived at the time was turbulent in many ways, yet he remained steadfast and was not persuaded by all of the chaos that was prevalent. I have 7 years of sobriety, and I personally believe that if it wasn't for Bill Wilson's determination and drive to help create Alcoholics Anonymous, I would not be alive and productive today. My thanks are to Bill Wilson for giving me an opportunity to see the world differently, and to Susan Cheever for the glimpse of the life of such a remarkable man. Available at Amazon.com.



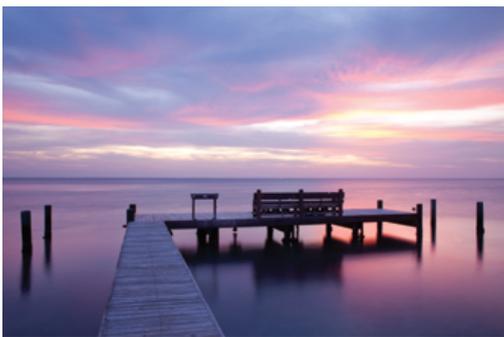
Do you have a book you want us to review? Send us a copy to at: 6930 De Celis Pl. #35, Lake Balboa, CA 91406.



ORIGINS

BEHAVIORAL HEALTHCARE

WEST PALM BEACH, FL
SOUTH PADRE ISLAND, TX



OriginsRecovery.com
844.452.9959



HANLEY CENTER AT ORIGINS™
HANNAH'S HOUSE BY ORIGINS™
HEADWATERS AT ORIGINS™
ORIGINS RECOVERY CENTER™
TRANSITIONS AT ORIGINS™

Origins Behavioral HealthCare is a group of age and gender specific substance use and co-occurring disorder treatment programs.

With locations in Florida and Texas, Origins offers sophisticated clinical, medical, and spiritual care for adults.

- Advanced psychological testing
- Medical care for acute conditions
- Multiday family programming
- Concierge-style admissions

Classified Ads

Classified Ads

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

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

SERVICES
SELF CARE IS SMART CARE: Juanita D. Dermalogica Expert at Moonlight Fusion Spa On the lovely island of Naples in Long Beach, California. I am grateful to announce that I will be serving the recovery community. I am a dual, licensed massage and skin care therapist. Mention Keys to Recovery & receive a FREE salt foot scrub. Call Juanita at (562) 200-0807.

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

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.

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

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

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

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

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

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

SINCE 2002 PRIMARY PURPOSE HOMES SOBER LIVING: primarypurposehomes.com Separate men and women's homes located in Valley Glen • Van Nuys • No. Hollywood • And our NEWEST home in Woodland Hills/Calabasas. Call us at (818) 612-1439. For our Dallas (4) locations call (972) 821-9550.

MOMENTUM SOBER LIVING: Beverly Hills. Recovery is possible. Founded in 2009 with the goal of improving quality of services for those seeking treatment in behavioral health. Living Healthy to Recover, using exercise & meditation and good nutrition Call (424) 421-4068. www.Momentumsvc.org.

THE VESPER HOUSE! UNDER NEW MANAGEMENT: Are you ready to begin your NEW SOBER future TODAY? We are Southern California's Oldest Women's Sober living Home! Vesper House has been helping women who are in recovery for more than 65 years and is located in the San Fernando Valley. We offer semi-private rooms, parking, bus line access, Living room with cable TV, kitchen access/usage, on-site laundry, computers with high-speed Internet access, on site AA meeting for Clients, and much MUCH more! Located at 6301 Cahuenga Blvd., North Hollywood, CA. Vesper House is a Zero Tolerance Alcohol and Drug Sober Living Home! The weekly rent is \$130. Call for an us TODAY for further information and to set up an interview! (818) 769-3057.

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

Rolling Sober SFV

Rolling Sober SFV, meets the last Sunday of each month at 9am. 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 info. The only requirement is that you are clean & sober and have a love of old cars.

SHARE! DOWNTOWN LA ANNUAL
Festival of Recovery
 Narcotics Anonymous
 Alcoholics Anonymous
 Cocaine Anonymous
 Emotions Anonymous
 Adult Children of Alcoholics
 10 am - 4 pm
 FREE LUNCH
 425 S BROADWAY BLVD
 LOS ANGELES, CA, 90013
 (213) 213-0100
Recovery IS POSSIBLE!
 Saturday Sept 21, 2019
 shareselfhelp.org

Dee Baldus
 818-742-1100
 Animal Transport,
 Boarding
 & Day Care
 itsddb@gmail.com
 www.AnythingsPaws-able.com

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

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

CLASSIFIED AD HEADING : _____

Classified Ad Content: _____

Billing Address: _____

Contact person: _____ Phone: (____) _____

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

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

KEYS TO RECOVERY — NEWSPAPER, INC. —

Advertising Rates

Ad Sizes

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

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

Materials & Deadlines

Terms and Conditions

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

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

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

www.KeysToRecoveryNewspaper.com

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

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

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

- 12 Step Alano Clubs
- 12 Step Meeting Halls / Central Offices
- Bail Bonds
- Churches
- Clinical Professionals
- Coffee Shops
- Colleges
- Correctional Facilities
- Counseling Office & Services
- Department of Health

- DUI Classes
- Doctors Offices
- Drug & Alcohol Councils
- Drug Courts
- Employee Assistance Programs
- Homeless Shelters
- Hospitals
- Intensive Outpatient Centers
- Judges & Lawyers
- Libraries

- Medical Centers
- Mental Health Professionals
- Police Departments
- Parole - Probation Departments
- Recovery Stores
- Rehabs and Treatment Centers
- Rescue Missions
- Sober Livings
- Transitional Housing
- Therapist Office

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

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

Vital Services Resource Guide

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

RESOURCE GUIDE

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

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

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

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

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

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.

Alsana Eating Disorder Helpline: For individuals, friends, families, and providers to receive support, answers to questions, and resources. Monday – Friday, 6am – 6pm PST. Call or text: 314-807-3065. www.alsana.com/helpline/

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

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

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

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

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

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

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

Cocaine Anonymous: 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

Debt-Anon: 12-step recovery program for those affected by a problem of compulsive debt in a relative or friend. Phone Mtg. Sundays 10am Pacific Time (605) 313-5104, 74951#. www.debt-anon.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.ERC Insight: (Mood, Anxiety, Trauma) (877) 737-7391, www.jen-nischaefer.com/seek-help.

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

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.

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) 210-8141.

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

Survivors of Incest Anonymous: (877) 742-9761. 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.

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.

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.

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

Los Angeles Food Bank (323) 234-3030.

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.

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.

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

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

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.

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. 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.

MISSION HILLSRECOVERATIVE 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.

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.

HOMELESS SHELTERS & RELATED

At The Fountain Transitional Living (562) 306-4115.

Centennial Place Permanent Housing (626) 403-4888.

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

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.covenanthousecalifornia.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.

Friends in Deed Pasadena Homeless Services. (626) 797-2402.

Family Promise (818) 847-1547.

GRCN Connecting Communities (562) 293-7595.

Glendale YWCA Domestic Violence Project (818) 242-4155.

HPRP Los Angeles Homeless Assistance (213) 683-3333.

HPRP Huntington Park - Homeless Services (323) 388-7324.

HPRP Lynwood - Homeless Assistance (310) 603-0220.

Homeless Health Care Los Angeles www.hhcla.org, (2130) 744-0724.

Homeless Adult Center (626) 403-4888.

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.

Jenese Center (323) 299-9496.

Jordan's Transitional Shelter (323) 577-5941 or (424) 785-7781.

Lillie of the Valley Shelter (323) 971-4432.

Los Angeles Mission (213) 629-1227 x305.

Long Beach Rescue Mission (562) 591-1292.

Los Angeles Youth Network (323) 957-736.

Nancy Painter Home Transitional Housing For Women (818) 246-5586.

National Runaway Switchboard (800) Runaway.

New Image Emergency Shelter (323) 231-1711.

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.

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 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.

Union Rescue Mission (213) 347-6300.

Union Station Homeless Services (626) 240-4550.

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.

Jenese Center www.jenese.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.

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, **Asian Pacific AIDS Intervention Team:** (213) 895-7715. Free Outpatient Trauma & Substance Abuse Treatment for Women & Trans-

women, 1730 W Olympic Blvd., #300, L.A. Calif

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

THE PROGRAM OF INSPIRATION

THE NEED FOR STUDENTS TO HAVE SUPPORT ON CAMPUS SEEMS TOO DAUNTING FOR A NATIONWIDE SOLUTION. IT IS NOT. WE HAVE ONE.

ONE-ON-CAMPUS

GET ONE ON YOURS TODAY

ONE ON CAMPUS
EARLY INTERVENTION THROUGH HUMAN CONNECTION™

INSPIRE@ONEONCAMPUS.COM
Social Media @oneoncampus

www.oneoncampus.com

A PROGRAM OF ONE RECOVERY a 501c3 nonprofit
888.852.2201

Ageless Recovery

CON'T FROM PAGE 10



They can then explore the intricacies of relationships and behaviors that have been built around the addiction and begin to take care of themselves in new ways - emotionally, psychologically and physically - and consistent with their values.

The intervention process diffuses tense relationships, improves communication and brings disparate people together to move a loved one to change. When I work with clients, I guarantee that families will uncover the hidden stories around the addiction and their loved one. This creates a more accurate picture of reality and everyone who has experienced this approach to intervention expresses a sense of relief.

Fear #3: I can't be healthy unless my loved one is.

It is very easy to fall into the trap of codependency that comes with addiction or mental health disorders. All too often, family members and friends become so enmeshed with their identified loved ones that they ride an emotional roller coaster. Each day becomes good or bad based on the behavior of another.

Solution: An intervention team provides ways for family members and friends to become captains of their own wellbeing.

Coaching support and guidance is provided as family and friends learn to create healthy lifestyles and boundaries. Hope and resilience in recovery is also vital for family members and friends who need support to promote their own health and well-being.

Are you ready to help a friend or family member?

Deciding how and when to do an intervention is critical. I understand the fears that accompany addiction and mental illness, and I know firsthand how they impact those around them. Despite these challenges, you have the power to change your life and help your loved one. You can move from fear to hope. There is always a solution. Let's start a conversation today.

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.



Our core philosophy lies in the belief that recovering addicts and alcoholics must safely reconnect with the outside world, aided by a healthy, balanced, structured & secure environment as their Support System and Home.



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

Call Now
818.264.8545



www.HouseintheHills.org CCAPP



Matters of The Heart

CON'T FROM PAGE 11



The solution to gossip is the same solution to every other character defect. Our own inner work. We have seen many people in 12-step recovery never, truly, experience emotional and mental freedom as a direct result of unprocessed trauma. We all have it. Some more than others. The greatest gift we can give to ourselves and to the world is to face it, and get some support in going deeper into that excavation. When the deepest of our wounds heal, the fear and noise lessen or go away, and then the natural by-product is that we no longer engage in destructive and distracting behaviors.

It isn't easy work. At this point few are doing it and the road still feels pretty narrow. The ones who are, have moved from surviving to thriving in a very real and beautiful way. What is extraordinary to witness, once the channel is clear, is how much magic the mind can help co-create. The mind truly can be our greatest prison or greatest expression of freedom. Which way it goes, is up to us.

Does this mean the goal is to NEVER say anything about anyone ever again?? No. If someone was walking into danger, and I knew it, I would say something. Even if it meant diminishing someone else. However! This is very important! When we have unprocessed trauma it can easily distort how we see others, and situations which makes it hard to determine whether or not it is a real threat, or a perceived threat. That is our work. Our responsibility. And, no one can do that for us.

Here is to the deepest and highest healing for all, Love only, Rudy and Kelly Castro

Conscious Partnership, www.consciouspartnershipcoaching.com. Rudy is a therapist, and Kelly is a Certified Relationship Coach. They co-own Conscious Partnership Coaching and provide a healing environment for any kind of partnership. Together they have created a beautiful family and a business designed for service. Whether you are an individual looking to create any powerful partnership in your life whether it is business/family/friend, or a couple looking to develop deeper levels of intimacy, they are here to help guide you.

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



BEYOND EXCEPTIONAL treatment

This is our promise to you.

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

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

THERE IS HOPE. CALL NOW

855-995-0808

End Your Addiction Today

We accept most insurance
www.harmonyplace.com

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

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



NATIONAL ASSOCIATION
OF
ADDICTION TREATMENT PROVIDERS

Voice. Vision. Leadership.





Friendly House

30th ANNUAL AWARDS LUNCHEON



**LENA
DUNHAM**
WOMAN OF THE
YEAR AWARD



**MARCIA
HARROW**
EXCELLENCE IN
SERVICE AWARD



**KATEY
SAGAL**
LUNCHEON
HOST

SATURDAY, OCTOBER 26, 2019
BEVERLY HILTON HOTEL, BEVERLY HILLS

11:00 AM Reception and Silent Auction
12:00 PM Awards Ceremony and Luncheon

For more information, please call Grant Associates at 323.904.4400.

www.friendlyhousela.org

Licensed Non-profit Women's Residential Treatment & Detox