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March 2020

KEYS TO RECOVERY NEWSPAPER, INC.

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Artwork and Feature Article by Darrell Fusaro



Refugees
Page 4

Super Charge
Page 9

Myth Busters
Page 15



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Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Food For Thought	Page 6	Annie Kuni
Sunlight of the Spirit	Page 7	Randy Boyd
Freedom From Bondage	Page 8	Robert Hobbs
Matters of the Heart	Page 9	Rudy & Kelly Castro
Ageless Recovery	Page 10	Dr. Louise Stanger
A New Doctor in Town	Page 11	Dr. Clinton Weyand
Let Joy Lead the Way	Page 12	Darrell Fusaro
The Journey Continues	Page 14	Leslie Gold
Quit to Win	Page 14	Catherine Lyon
Events	Page 16	
Book, CD, Video Reviews	Page 16	The Crew
Classified Ads	Page 18	
Advertising Information	Page 19	
Resource Guide	Page 20-21	

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Advertising Rates - page 19

Distribution Information - page 19

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information on Keys to Recovery Newspaper.



Hello and welcome to the March issue of Keys to Recovery Newspaper. We are blessed to be able to share another month of recovery and miracles with our readers. In February both Marcus and I celebrated our sobriety anniversaries. I never thought it would be possible to have the life that I have today, and be the person my recovery has led me to become.

Thirty-four years ago I did not believe that I was worthy of such a good life. I did not think I was capable of staying sober either. Yet here I am today with 34 years of continuous sobriety, and living a life beyond my wildest dreams. One day at a time. I still believe what I was told in the beginning - that all I have is today.

"What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's will into all of our activities. "How can I best serve Thee - Thy will (not mine) be done." These are thoughts which must go with us constantly." Page 85 of the Big Book of Alcoholics Anonymous.

The closer I stay to God (maintenance of our spiritual condition) the easier my life seems to go. The more time I spend doing God's will, the happier I seem to be. Who wouldn't want an easier, happier life, right? So why is it that I find myself running on self will, when doing it God's way is so much easier?

The answer is I am human, with defects of character. But those defects no longer run the show. The true miracle is that I have become a person who wants to be better and do better. As long as I remain teachable I can grow into a place where His will becomes second nature, and perhaps someday "these thoughts will go with me constantly." **God bless you until next month! - Jeannie Marshall, President & Cofounder**

Hello to one and all, again my wife and I have the opportunity to convey to you about our experiences, and viewpoints each month. I was blessed enough to have celebrated my 8th year of sobriety on February 22nd. This is my first time in a 12 Step program. When I was introduced to the steps and its principals. I received them with an open mind and heart!! After forty years of running amuck, the peace and serenity of sobriety were so welcomed into my life.

By the grace of God, on March 3rd I will be celebrating my 60th birthday. There were times in my life when I believed that I wouldn't make it to my 60th birthday. My addiction started back in 1972 at the age of 12, and stopped completely on February 22, 2012, 9 days before my 52nd birthday. I am a living testament of the miracles that the 12 Steps have given to so many. I wake up with gratitude every morning, and before I go to sleep every night I thank God for his protection, and guidance for that day!

Looking back at my life of addiction, I see how difficult it truly was being an addict and alcoholic for all of those years. This new way of life has been a welcomed change. Life is easier. It is filled with gratitude, thankfulness, acceptance, service, accomplishments and positive moments that inspire me to continue on the path wholeheartedly! I have an incredible life that I would have never received if I had continued down the road of addiction.

My saving grace was when my wife Jeannie introduced me to the program, which has been my salvation. I am very blessed to be a part of the 12 Steps, with its precepts and the fellowship with those who suffer from the same maladies. We as friends of Bill can help one another to stay clean, and to be able to overcome the desires of addiction. Our perception and perspectives, is what solidifies our inner strength to help maintain our sobriety.

When I looked back at all of the pain and sorrow that I caused myself and others during those 40 years, looking forward to the possibilities of achieving my goals short and long term in sobriety, was a no brainer. Until we come together again for reasoning, may God strengthen and protect you and yours. - **Marcus Marshall, Vice President & Co-founder**



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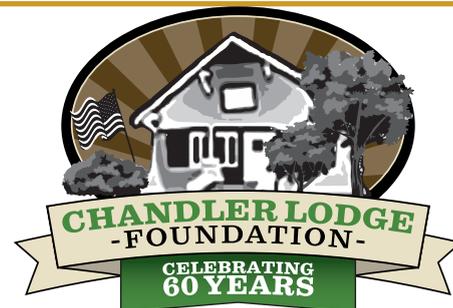


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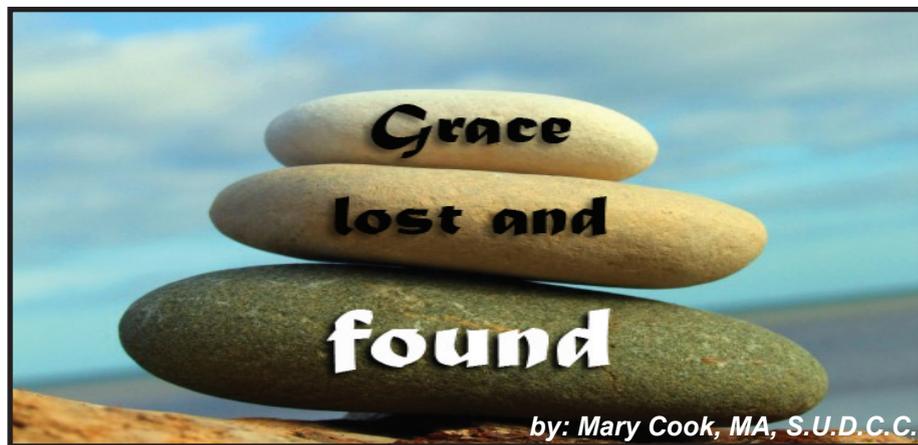
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by: Mary Cook, MA, S.U.D.C.C.

REFUGEES

Addiction wages war between our habits and our heart, between our cravings and our creativity. We thought addiction would take care of us, and now we are refugees fleeing from the war within us. Haunted by the past, we become scared shadows of our true self. Without higher purpose, we become prisoners of petty selfishness. We feel undeserving of love, of laughter, and of life. Our path is a mine field of resentment, despair, grief, and fear. We resist and rebel, bully and blame hoping to mitigate the terror of being victimized. We are the oppressed and the oppressor, and we need to recover from this paradigm of war.

We need to learn the difference between real need and selfish greed, between true self and wounded defended self, between dictatorships and partnerships, between self-esteem and self-righteousness. We must relinquish what is unhealthy, unnecessary, unsafe, and untrue. Instead of seeking safety through isolating and numbing ourselves, we can seek recovery support and engage in honest personal inquiry to determine solutions for pain and shame. Adrenaline and apathy fuel the war, while appreciation and altruism build a new paradigm.

***Recovery offers safety and support
to face fears and offers
tenderness for tears.***

Recovery offers safety and support to face fears and offers tenderness for tears. It offers compassionate understanding to soften the sharp edges of anger, and offers to help us carry and lay down our heavy burdens. Recovery offers wisdom and principles in exchange for defenses and character defects. It helps us to transform vices into virtues and lessons into blessings. We can live in the darkness of bitterness and rejection fanning the flames of hate, or we can enlighten ourselves in recovery fostering faith in unity and humility, knowing that home is within us and all around us. When we fail to reach out to help the world, we become stagnant, bored, and empty, for it is our positive actions in life that sustain and support our growth. When we fail to find and share our inner treasures with the world, we become beggars, thieves, cynics, and refugees, for it is in valuing and sharing our inner gifts that we are happily fulfilled.

Life can be as fragile as a flower, and as solid as a boulder. We can run through a meadow with smiles and laughter, and we can run for our lives, and run to save others' lives. We can find hope in a sliver of sunlight through the trees and a sparrow's song on the breeze. We can find grief in a graveyard of loved ones who have moved on. We can listen and learn from all that life offers us. We can live from the passion, peace, and purpose of our own precious hearts.

We can give and receive the comfort of sanctuary, offering refuge to refugees. Recovery calls us to become partners in creative stewardship wherever we go. This is the path of our true self and it is as deep as the sea and as vast as the sky for all of creation is in you and in me.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a certified substance use disorder counselor in private practice. She has 43 years of clinical experience and 29 years of University teaching experience. Mary is available for telephone and office consultations and speaking engagements. Contact her at 310-517-0825. She is the author of "Grace Lost and Found: From Addictions and Compulsions to Satisfaction and Serenity", at www.Amazon.com



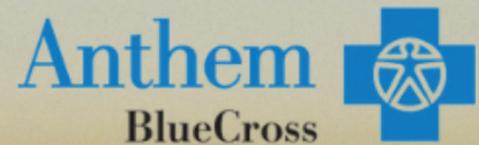
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by: Annie Kuni, LMFT

HOW PERFECTIONISM RUINS YOUR RELATIONSHIP WITH FOOD

I used to be a self-identified perfectionist. In many ways, perfectionism has served me. It helped me achieve a 4.0 GPA, it keeps my to-do list short, and it makes sure my bills are paid on time. It moves me forward in my career and my house is always clean. When I went through trauma, perfectionism, high standards, and rules helped me make sense of the world and made me feel safe.

Perfectionism was also one of the biggest contributors to starting, perpetuating, and inhibiting recovery from my eating disorder. How could something so helpful in other areas of my life hold me back so much in my relationship with food?

The core of perfectionism is a fear of failure, or feeling like a failure. But there's no way to "fail" with food. The idea of failure around food is an interesting one -- it implies that my body doesn't know what it's doing when it comes to food. When you're trying to be the best at everything, food starts to naturally fall under that umbrella. But when we really think about it, is there a way to be the "best" at food? Everyone is so different in terms of what their body needs, so there's no use in comparing myself to the metabolism, hunger, fullness, and energy levels of someone who is not me.

Some typical signs of perfectionism include: black and white thinking, all or nothing thinking, being highly critical of yourself, yet also being very defensive of criticism from others, liking rules and predictability, and one's self-worth lying in achievements.

So how does this translate to food and an eating disorder? Black and white thinking looks like labeling foods as "good" or "bad." All or nothing thinking is having one cookie and thinking that the day is ruined, so you also eat a bag of chips and a pint of ice cream. Self-criticism shows up in beating yourself up for every food choice. Defensiveness looks like jumping down your family's throat when they suggest you have an issue with food. Liking rules and predictability manifests in feeling safe and comfortable when you know exactly what foods you're going to eat that day. Self-worth lying in achievements is feeling good about yourself based on how little you ate that day, or what food choices you made. As you can see from these examples, perfectionism comes into the picture with both restricting food and binging on food.

I had to work really hard at putting my perfectionist self back in its place. That doesn't mean to say that I got rid of it entirely. It's part of my personality, and I don't hate it, but it doesn't have to be *all* of my personality or overshadow all of my actions. Again, because perfectionism, rules, and order are often a response to trauma, it makes sense why sometimes that personality trait becomes so dominant.

Once we see our own perfectionistic tendencies, what do we do about it? As perfectionists thrive in rigidity, the key to reducing it lies in flexibility. We want to move from a perfectionist to an optimist. Perfection is stubborn and doesn't change, optimal adapts. Perfection rejects reality, optimal accepts reality. Perfection is high expectations, optimal is realistic expectations.

What would optimalism look like with food and body? Adjusting your plan with food based on how you feel, what you're doing, and who you're with. Accepting the reality of what your body type is and what your natural weight point is. Realistically anticipating that mistakes and setbacks happen with recovery, and not fearing them. Adapting your exercise plans for opportunities that come up, or how you're feeling.

I no longer identify as a perfectionist because it wasn't helpful in the long term. It made my life so rigid and rule-based that there was no room for growth, self-compassion, relationships, or fun. The more I learn how to be flexible with food (and everything else in my life) the more my sense of worth becomes intrinsic. Perfectionism was all about being the best, and optimalism is all about being *my* best.

Annie Kuni is a Licensed Marriage and Family Therapist. She co-founded Gemmed with her sister to provide eating disorder support groups for teens and young adults and co-hosts the podcast Freudienne. She can be reached at annie@gemmed.ngo, www.gemmed.ngo, or on instagram @theinnergem.



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Sunlight of the Spirit

by: Randy Boyd

A RADIATOR, TREE AND A ROCK...NOT!

When I entered into recovery and saw the words of Step 3 on the walls of the Auditorium in the Betty Ford Center – “Made a decision to turn our will and our lives over to the care of God as we understood Him” – I gasped at the thought of having anything to do with God. What did it intrigue me, however, was the part that read “as we understood Him.” This gave me some relief as I never thought that was an option. God, as I had understood Him was a God that molested me, beat me, abused me, sentenced me to a life of hell, and never cared a hoot about me. Alcoholics Anonymous (A.A.) allowed me to find the God that I understood. Not the God of my youth, my mother, stepfather or the pastor of my youth. Today the God of my understanding is a loving, caring, kind, compassionate, forgiving, fun and a true Father figure. He is God the Creator, Maker, God the Almighty, Father of light, Heavenly Father and Spirit.

The founders of A.A. are likely rolling over in their graves today. Why? Because the God that most people in the rooms of A.A. understand today is more commonly referred to as a tree, stone, radiator, fan and so many other tangible items. This is not the God that Dr. Bob and Bill W. are talking about in Step 3. If you notice that God is spelled with a capital “G” which is referring to God the creator or Yahweh. Not the false god’s that are being referred to in the rooms of A.A. today as mentioned above. Even the “H” in Him is referring to God. This has always been something that stumped me. So, I decided to do a little research of my own. I was referred to the book titled “The James Club and The Original A.A. Programs Absolute Essentials,” – By: Dick B. This book answered all of my questions regarding the original intent of A.A.’s founders.

When Dr. Bob, Anne, and Bill W. first started holding meetings in their homes, they were considered to be a Christian fellowship meeting. Every one of these meetings included a time of prayer, bible reading, meditation and time for the Holy Spirit. According to Frank Amos, “He [the alcoholic] must have devotions every morning – a quiet time of prayer and some reading from the bible and other religious literature.” Amos added: “The A.A. members of the time did not consider meetings necessary to maintain sobriety. They were simply desirable.” Morning devotion and ‘quiet time’ however, were musts. (Dr. Bob, supra, pp131,136). So, how is this different from today’s meetings you might ask? In today’s meetings they open with the A.A. preamble. No bible reading. No devotional, no quiet meditation time, or prayer time. Sure, there is a prayer at the end of every meeting, however I question how authentic people are when saying these prayers.

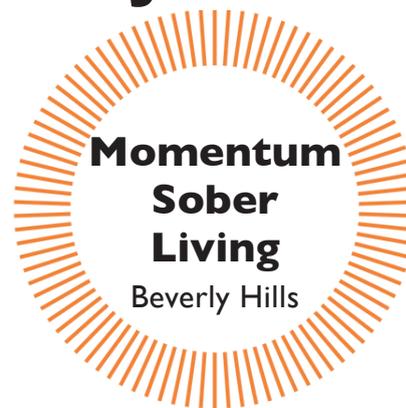
Bill Wilson wrote in his own history of A.A.: *And we could remember Anne as she sat in the corner by the fireplace, reading from the Bible the warning of James that “faith without works is dead.” [James 2:17] (Alcoholics comes of Age. NY: Alcoholics Anonymous World Services, Inc., 1967, p.7)* A.A.s absolute essentials have their roots in the book of James, The Sermon on the Mount, and 1 Corinthians. According to Dick B., the book of James was a favorite with early A.A.’s. so much so that “The James Club” was favored by some as a name for the fellowship. In fact, the book of James is where many of A.A.’s principles came from. Both Bill W. and Dr. Bob stated many times that Jesus’ Sermon on the Mount contained the underlying philosophy of A.A. Following is a few of the specific ideas A.A. took from the book of James: patience; enduring temptation; being a doer of the word, not a hearer only; keeping all Gods commandments, not just the ones you like; drawing near to God knowing He will draw near to you; avoiding speaking evil of, or judging others; holding on to grudges, and much more. Dick B’s. book, The James Club and The Original A.A. Program’s Essentials, (Kihei, HW, Paradise Research Publications, Inc., 2005), goes into great detail where and how the book of James, The Sermon on The Mount and 1 Corinthians is tied into the Big Book, giving examples of scriptures vs. passages in the Book Big of A.A. He cites the scripture and the passage that corresponds to the scripture as well as the page in the Big Book. One such example is Step 5 - “Admitted to God, to ourselves and to another human being the exact nature of our wrongs.” This Step is taken directly from James 5:16 – “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”

It is my personal belief that the number one reason for such a high rate of relapse in the recovery arena, rather it is a relapse to the drug of one’s choice, an emotional relapse, overeating or any other addiction, is a result of the false idols or gods that so many choose to call God. These types of gods which are more commonly known as idols, have no viable power within them to produce any type of change in anyone. For years I idolized things like money, fancy cars, people, and things, all of which did nothing to fill the hole in my soul. *Jeremiah 2:27-28 tells us this – Saying to a tree, “You are my father,” and to a stone, “You gave birth to me.” For they have turned their back to Me, and not their face. But in the time of their trouble they’ll say, “Arise and save us.” But where are your Gods that you have made for yourselves? Let them arise, if they can save in the time of your trouble; For according to the number of your cities are your gods, O Judah.*

Con’t Page 22

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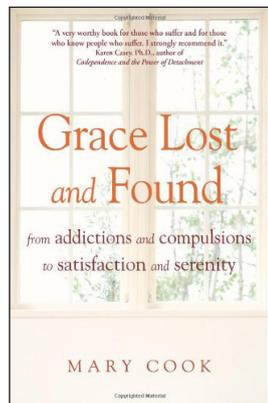
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by: Robert Hobbs

WHAT CONSTITUTES THE "BEST OF TIMES"?

When I was younger, I was always excited to hear about "The Good Old Days" from my grandfather and my parents. For my grandfather, it was the "Roaring Twenties;" for my mom and dad, it was the "Happy Days" of the 1950s post-war, Baby Boom era. Both the 20s and 50s were and still are considered two of the best decades in American history.

In my own lifetime, I watched my parents struggle through the late 70s and early 80s, only to recover in the late 80s and into the 90s. Certainly, the 1990s were the best decade of my lifetime up until that point. But since then, the late 2010s are really flying and are becoming the next "good old days." Or are they?

The 1920s saw tremendous economic growth, equities growth, and improved living conditions. But it also brought prohibition, which led to bootlegging and both alcoholism and death due to "bad alcohol" - methanol. There was also a high rate of suicide (1.2%) during the Roaring Twenties era, but all in all the twenties even though they led to the Great Depression were an excellent 10 years.

The 1950s rode a wave of optimism from the end of World War II right into the 1960s. The baby boom era was filled with ingenuity, optimism, a great economy, and babies. The Korean and Vietnam Wars both book-ended the decade. Along with the threats of the Cold War they tainted some of the energy in the 50s, but generally speaking the 1950s qualified as Happy Days. The most significant addiction that was largely originated in the 1950s was cigarette smoking. Though the ultimate number of dead smokers would be high, most of those dying from cigarette related issues died well after the 50s and in fact are still dying now.

The late 1980s and the 1990s rode Reaganomics all the way to 2001, while we enjoyed an unprecedented period of prosperity and peace. The Cold War ended early in the decade of the 1990s, and without a Soviet threat people were eager to be creative, optimistic, and take a risk. By the end of the 90s we had created a whole new computer - internet ecosystem, which further fueled our optimistic outlook. The drag on society during this time was crack cocaine. Many people became hopelessly and helplessly addicted while the rest of us rode the wave of prosperity. (by 1996 crack cocaine began to yield its hold on society in favor of what would become the opioid crisis due to prescription pain relievers led by Oxycontin.)

On December 26th, 2019, Michael Barone of the Washington examiner wrote an article entitled "We're Living in the (almost) Best of Times," where he agrees the times we are living in now are the best ever. To Barone's credit, this is after he outlines many of the problems in the world today that negatively affect now as best ever. He even included the opiate crisis as a reason to not choose now as best ever. I think that was wise - but I also think there is much more (than the opiate crisis) to doubt, and question about today as a best-ever choice.

Today in 2020 we face an entirely new set of issues in addition to some very old ones. The impact of 24/7 screen time is not yet known, but certainly it is degrading either the individual or society as a whole. We are also facing an unprecedented number of people on prescription psych meds. 1 in 6 Americans are on some psych med - mostly antidepressants - that's 17% of the population. In addition, we have 20 million addicted, 25 million alcoholics, 45 million codependent, 10 million contemplating suicide, 45 million with PTSD, and 2 million homeless; Of the addicted, 70,000 accidentally overdose and for the alcoholics 88,000 die each year.

All of this data points to a society trying to escape reality. Yes, a rich, wealthy reality, but not necessarily one that is fun to live in. It's hard; we work too hard to be miserable emotionally. So, Barone focuses on many - mostly economic reasons as to why these are the best times and had some rather negative reasons as to why it is not a slam dunk for these to be the best of times.

I argue that the mere idea that 100 million people are trying to escape the supposed best of times, that these are not the best of times. I am not willing to guess or speculate when the best of times are/were. I do believe that in the next cycle, roughly 2040 to 2050, all of the issues that prevent these times from being best will be resolved out of both ingenuity, capitalism and necessity for a better life. By 2040 I look for the following 10 advancements to ensure the next great economic and financial cycle truly is the best of times overall:

- 1) Portable Antidote (like Narcan) freely available for all common deadly drugs (savings: 158,000 lives per year)
- 2) MAT Expansion to include all commonly used deadly drugs distributed free (savings: 45 million addicts and alcoholics)

Con't Page 22

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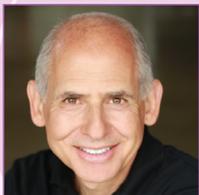
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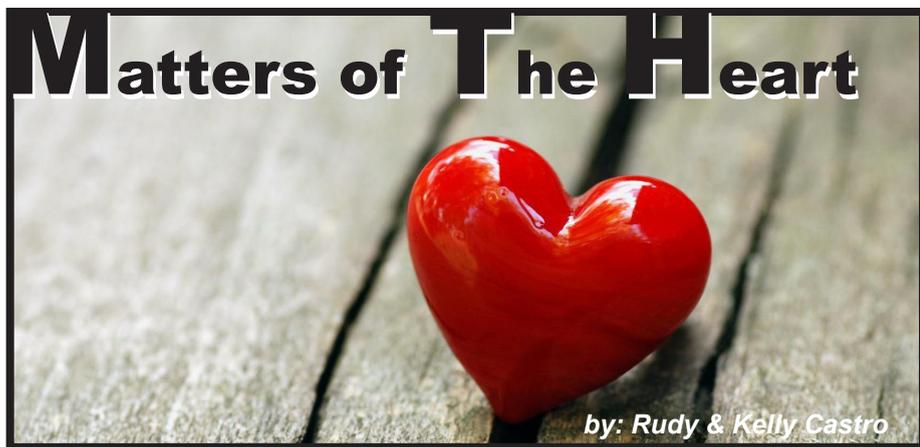


Kim Garrett LCSW, LCDC, MBA
Certified in EMDR



Beck Gee-Cohen M.A., CADC-II
Director of LGBTQI+ Programming
Pronouns: He/Him/His

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SUPER CHARGE

If you are anything like us, we experience seasonal depression during the winter. It feels like a time to hibernate and hide. The cold bothers us. It gets dark early. Our bodies know it's time to rest. Our planet knows it's time to rest. Our modern society however struggles with listening to that natural call. However, your winter is closing up this month.

March is a time on our planet where the earth begins to emerge from the slumber of winter. The ground begins to soften, earthworm casts begin to form. Planting season begins. Roots take form. An awakening is happening. Spring officially starts on March 19th (side note: Kelly's birthday). This renewal of life is reminding us of something important in our own lives.

What is birthing from your creative energy this year? Has the winter months of hibernation seeded ideas of change? This is a perfect time to take stock of all that has come forth in your consciousness. Are you noticing addictive habits are more clear to you? Is there a deeper motivation to experience health in all areas of your life? Really spend a moment to ask yourself what is pulling at my heart. Let it speak to you. Nurture that connection of heart and mind. We are all given opportunities to grow and now is the time to plant those seeds as the soil of our heart/mind is ready for that cultivation.

For us, this year is about expansion in many ways. Kelly is taking on work to heal the wounds of sisterhood. Rudy is working on men's retreats to open the hearts of men. Collectively we are being called to take our message of conscious partnership to more people. We are doing a relationship coach training with our method and principles. This calling has been birthed during the winter months. So despite the seasonal depression that does hit us, we also know that insight and vision come through as well.

What can also illuminate your desires and creations is the full moon. March 2020 is the first supermoon month of the calendar year. If you are unfamiliar, a supermoon is when the point in the Moon's orbit of Earth is closest to our planet. It's not usually noticeable to the naked eye as it's about 7% closer to earth and a bit brighter. Regardless, the value in recognizing its importance in our lives has more to do with electromagnetic forces.

NASA-supported scientists at the University of Maryland have realized that every month when the moon is full it passes through Earth's magnetic tail. This they explain,

"Can have consequences ranging from lunar 'dust storms' to electrostatic discharges." What is known is that the Moon enters the magnetotail three days before it is full and takes about six days to exit. Think about the evidence we have in regards to police activity during full moons.

That is because we are electromagnetic energy. Human consciousness, which we still have little understanding, exists in our brain- made of electrical activity. Science and technology can measure this through an electroencephalograph. We have ways to detect our magnetic aura, our energy.

You know the saying, "I don't get good vibes from that person." That's energy we are feeling. So why this matters is because we get to consciously harness the energy of the moon. Let it support you especially during this month when the moon is brighter and closer to us and not impact us negatively. Instead use it to manifest and create. How do you do this you ask? Simple but not easy. Double down on your spiritual practice every morning. If you don't have one, start one tomorrow morning. Why does this help because our consciousness (energy) is found within. We have to go to our inner world to impact our outer experience.

We suggest you take advantage of this powerful month to manifest that healthy balanced life. Use the power of the supermoon and plant the seeds of desire this Spring in your heart/mind and watch the magic of your life unfold. Connect to nature more, allow the seasons and cycles teach you about life and yourself. Be in harmony and allow that energy to flow through your life.

Love only, Rudy and Kelly Castro, Conscious Partnership



www.kellyandrudy.com Rudy is a therapist, and Kelly is a Certified Relationship Coach. They are founders of 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/



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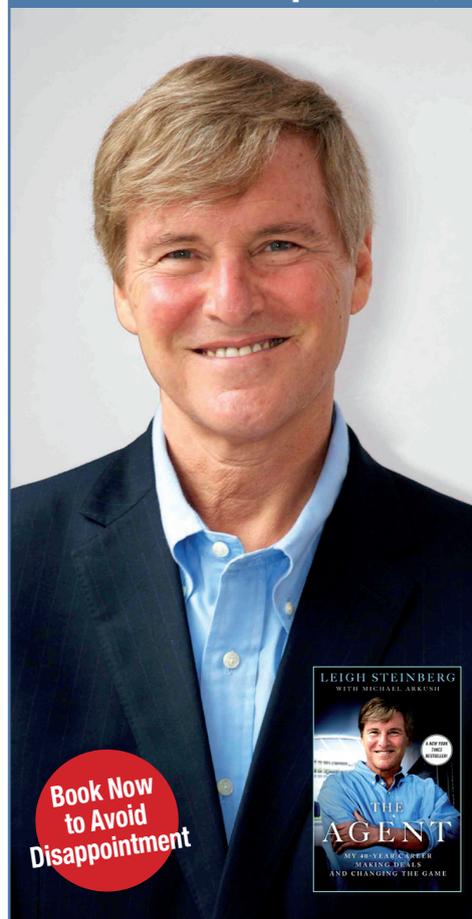


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Ageless Recovery

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

WHAT HAPPENS TO A CHILD IN AN ALCOHOLIC FAMILY?

A Tornado Of A Childhood: Last week a wonderful family called me. They were worried about their little boy. Both parents were in recovery and had grown up in alcoholic families. They were concerned about their child. He was 7 and every night he awoke with terrors of days gone by. Time was when he lived with his natural father who had been active in addiction.

As I listened, I remembered my own tornado of a childhood. My mother bottled her feelings in alcohol with the same gusto she put on Este Lauder perfume. After all, her husband (my father) committed suicide, her mother was institutionalized for depression, and my mother was left to live in an apartment that had a closet full of men's ties, that were everyday reminders of failure.

As a child of two alcoholic's I carried a heavy burden. I was responsible for doing well, for having good manners and in general not making any noise. I was often confused and baffled by the flurry of the activities my home life waffled in – and I was frightened and scared.

At Greater Risk As Adults: Like me, many children and teens who live with an alcoholic or drug-addicted parent experience a chaotic, scary and lonely life. Not only do these children face the stress and heartache of their parents' drinking or drug use in their daily lives, but they are also at greater risk of eventually developing alcohol or other drug abuse and mental health problems themselves.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), one in four children in the U.S. experience alcohol abuse or drug addiction in their families. These children are at greater risk of eventually developing alcohol or other drug abuse and mental health problems themselves.

Addiction and substance abuse are a major concern in our country. From 2009 to 2014 an average of 8.7 million children 17 or younger lived in households with at least one substance abuse disorder (SAMSHA, 2017).

"Today approximately 5.7 million children under the age of 11 live in a home with a parent with substance abuse, and one in three will enter foster care."

A Worsening Problem: As alcohol consumption has risen so has the harm associated with it. Emergency room visits, hospitalizations, car accidents, and alcohol-related deaths have doubled in the last two decades. Researchers have reported a 10.1% rise in the number of women who consumed alcohol between 2000 and 2016 and a 23.3% increase in binge drinking. This parenthetically coincides with an increase in advertising to females.

Sesame Street & Jerry Moe Collaborate: However, it was the opioid – crisis which takes approximately 130 lives per day (CDC), many of whom are parents that spurned the creators of Sesame Street to take a look at ways to help.

When Sesame Street decided to tackle this enormous health issue, they turned to a handful of experts who could help, and of course, Jerry Moe was a collaborator.

"Children are often the first hurt and the last helped when a parent has an addiction... so kids like (me) are typically confused and unsure of themselves... They don't know what's going on or have a language for talking about... They feel alone and might blame themselves for things happening in the family. Amid all that trauma, they often stop playing like a kid". — Jerry Moe

Learning To Play Like A Kid: Playing like a kid is a gift often taken for granted and underestimated when it comes to life long mental health and overall wellbeing.

After my father died, my mom gave me a gift: she sent me away to Camp Wood Echo. Leon Rubenstein and his wife Rose owned Camp Wood Echo. Every summer they piled off to the outskirts of Ligonier, Pennsylvania, where the air was pure and horses ran free and city children learned how to play.

I was just a kid who learned how to make a bed with hospital corners, make a lanyard and a copper-plated drawing, weave a basket, shoot a bow and arrow. Most of all, I got big, safe smiles and hugs and a feeling that the world was all right from Leon and his wife Rose. Leon was a social worker – and long before the wonderful Jerry Moe founded the world-renown National Children's Program at Betty Ford – I was unpacking my backpack full of rocks at Camp Wood Echo.

Betty Ford Children's Program: In 1983, I was working in San Diego as a clinician and social work professor. You have no idea how excited, energized and enthused I was to learn that Betty Ford now had a program for kids that grew up in alcoholic families.

That was when I first learned about Jerry Moe and how he created the scaffolding necessary to help vulnerable children. I knew both personally and professionally, children and the trauma they experience growing up in a home of confusion is so often overlooked.

Today, as then, the Hazelden Betty Ford Children's Program provides support, education and care to kids who grow up in a family with alcohol or other drug addiction. My understanding is no child age 7-12 is turned away.

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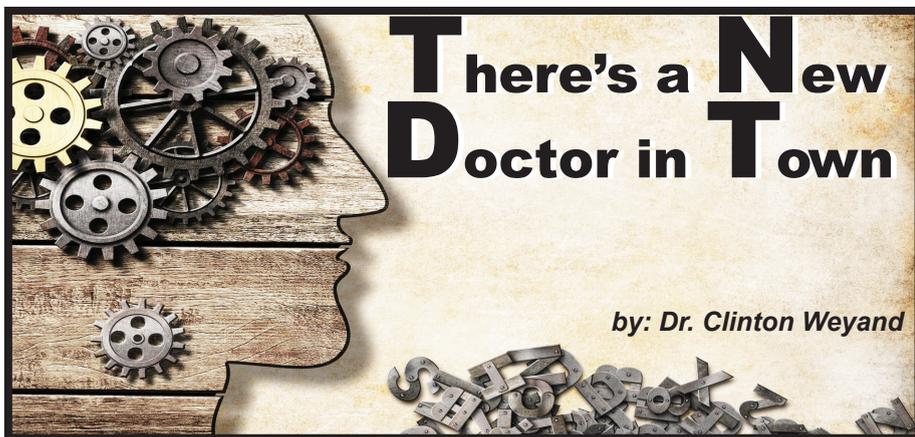
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There's a New Doctor in Town

by: Dr. Clinton Weyand

WRITING THE BIG BOOK THE CREATION OF AA

A new book regarding the history of AA has just been published by author William Schaberg and his publisher, Central Recovery Press. The hardcover book is over 782 pages and is beyond praise.

The Akron and New York meeting influenced and created a culture of sobriety in 1938. There were six essential propositions that painfully evolved into the 12 steps:

1. We had admitted that we were powerless over alcohol.
2. Had gotten honest with ourselves.
3. Gotten honest with other people about our defects.
4. Made restitution to those we had harmed.
5. Tried to carry the message to other alcoholics.
6. Prayed to whatever God we thought there was.

Hank Parkhurst was the right-hand man for Bill Wilson, and he had numerous helpful statements:

1. Recovery should come before a job and everything else, for if the man does not recover, he will have no job or anything else anyway.
2. Where people consistently pass up this fellowship on the basis of being tired or busy, I have noticed that they are generally in danger of a slip.
3. When a person is provoked by things, conditions, or people, he gets into a state of mind which separates him from the power that keeps him sober.
4. If a person really tries to help another person or persons, I believe life becomes so interesting he has no time to be bored.
5. Actually, all we have is the ability and willingness for each to tell their own story. As long as we stick to our own story, we are never in the danger of preaching.
6. I am still somewhat apprehensive about any success which might be thrown my way. I am afraid that success would build in me an inclination, to deprecate the things I have learned to be so helpful in sustaining me in adversity.
7. I do not claim that I am cured.
8. Doctors can bring the physical person back into such shape that he or she can think straight.
9. I understand God as a great, undefinable, unexplainable power, which will help me if I keep in tune with it.
10. One of the greatest sources of annoyance to the alcoholic, is the practically universal belief on the part of the public that the alcoholic is weak-willed, or suffering from a habit.

Released in 1939, the Big Book has sold an estimated 37 million copies, has been translated into seventy (70) languages, and spawned numerous recovery communities around the world, while remaining a vibrant plan for recovery from addiction in all its forms for millions of people.

"I felt lifted up, as though a great clean wind on a mountain top blew through and through . . . I soon found that when all other measures failed, work with another alcoholic would save the day . . . Bill Wilson 1938 interpretation of Step Twelve.

For more information visit www.centralrecoverypress.com

Dr. Weyand studied at CSUN where he graduated Magna Cum Laude. He then studied Counseling Psychology at the Doctorate level at USC. He is also a graduate of the Addiction Studies program at Pierce College. Dr. Weyand has 30+ years of experience working in recovery and behavioral healthcare. He began his career at Woodview Calabasas Psychiatric Hospital as the Asst. Administrator, and Director of Community Services. He was Director of the Adult Unit at Van Nuys Psychiatric Hospital for over 10 years. For an appointment or consultations, call him at (818) 341-0283 or (818) 800-4814. Website: doctorclint.net.

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

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Let Joy Lead The Way



Artwork and Feature Article by Darrell Fusaro

If you're offered a ride on a magic carpet, don't ask where it's going. Just jump on!

Remind yourself each morning, "Today is the day! I'm really getting it folks! Connected to God with trust, I can enjoy seeing myself doing wonderful things, accomplishing all that I am inspired and desire to do. Knowing that the God-in-me is infinite wisdom. He leads with joy."

Recovery is part of it; joyful expectancy is all of it. All twelve-step programs kick things off with joyful expectancy. Step Two, "Came to believe a power greater than ourselves could restore us to sanity," is an affirmation of hope. Someone not in a twelve-step program could just as easily say it as, "I believe God is renewing my mind and improving my circumstances."

I've developed the healthy habit of doing what I refer to as my morning routine. As soon as I get up I make myself a cup of coffee, sit on the couch and begin reading a page from each of my daily meditation books. Then I meditate for a few minutes, after which I jot down my to-do list, also known as my best attempt at what I believe God's will is for me that day. I refer to it as this so that I can remain flexible throughout my day. If something doesn't go as planned or something doesn't get completed, I'm more able to let myself off the hook, knowing that it wasn't meant to get done that day. But more importantly it frees me up to follow unexpected detours and to go with joyful hunches.

Matter of fact right before writing out my list for today I began it by jotting down, "Ok God,

I'm ready to follow your lead today, no hurry and no worry on my part. Optimistic trust is my part. Today I'm partnering with you regarding,

a) story 1,500 words, b) cards to Theresa, c) caulk bathtub,

In short, in spite of our to-do list, we must be willing to relinquish control, trusting that God is always leading us to our heart's desire. The will of God does not lead to the poor house.

If you are really serious about being plucked from obscurity and dropped into incredible good fortune, you must be willing to let go of your excessive carefulness and let the spirit guide you. Don't let reason slip you a mickey.

A friend of ours named Stephanie texted that she was meeting with a client in Los Angeles, California. She lives many miles away and we hadn't seen each other in quite some time. It was great to reconnect via text. A few hours later she texted that she was done with her work and would be driving through our neighborhood. Incredibly, I had just finished lunch and another mutual friend of ours, Ed was just getting off work, so we all agreed to meet up at the local coffee shop.

During our conversation, it came up that Stephanie's dog, Mister, had died some time ago. She said that she and her husband weren't rushing into getting a new pet. She then asked how my wife Lori, a professional pet photographer, was doing. I was excited to tell her that just the day before Lori was apprehensive about photographing dogs at a new rescue facility.

In order to overcome this Lori used the affirmative prayer, "I'm going to meet wonderful people and have a wonderful time."

I went on to share that within an hour of Lori being there she texted me that her expectations were exceeded. Everyone was so happy to meet the "celebrity photographer", and she had the best assistant with lighting, set-up, and dog handling. Lori even sent me previews of her favorite shots of a rescued dog named Stella. I could not resist the joyful nudge to share them with Stephanie.

I handed my phone to Stephanie. As she went through the photos Lori had taken of Stella, she began to tear up. She apologized about being so emotional. "My heart just felt so full when I saw her," Stephanie said regarding Stella. The conversation switched to how she and her husband had been waiting for the right time to bring a new dog into their lives. "It was something I want the two of us to do together."

Her husband was out of town until Friday and this was Tuesday. The topic of the shelter where Stella was at came up. As coincidence would have it, the shelter was only four miles away from where we were drinking coffee. This was a coincidence since the shelter Lori regularly photographs at is twenty-six miles away. In either case, Stephanie had to head home soon in order to beat rush hour traffic. It seemed more reasonable if she was interested in meeting Stella to head home now and return on Saturday with her husband.

Stephanie said, "I'm going to go see her now!" "Really? Wow! OK." I said, and gave her the address. What really impressed me about her decision was her spontaneous ability to go in the direction of the call of her spirit.

In regards to the calling of the spirit, Emmet Fox describes it as a unicorn. *"Someday it may happen, probably when you least expect it, that the unicorn will suddenly appear at your side, eyes flashing, nostrils quivering, pawing the ground with impatience. When that happens, do not try to put a bridle on him or to look for some task for him to do; He will not do it, and there will not be time. No sooner, seemingly, has he appeared than off he will go again. So do not pause, but leap upon his back, for he is a flying steed, and he wings his way to the gates of the morning. On that ride problems are not solved—they disappear."*

Soon after Stephanie met Stella she called to say how they immediately fell in love with each other. Should she adopt her today without her husband being part of the discovery process, or not? She would also need a crate so Stella would have a cozy and safe den until she became familiar with her new home. Plus Stephanie drove a tiny Mini Cooper and Stella is a fifty-five pound dog.



It was also now the height of rush hour traffic. I reassured her that God was in charge and if it were meant to be it would be effortless. She thanked me, saying that was exactly what she needed to hear to let go of any sense of urgency.

An hour later I received a call from Stephanie. She said that she was on the road heading home and that Stella was with her in the car. She went on to share how she called her husband and that he was one hundred percent on board with adopting Stella in absentia. In addition, the rescue had just received a donated brand new collapsible crate Stella's size and they gave it to her. To top things off, to Stephanie's surprise, everything fit perfectly in her Mini Cooper.

This was over three months ago and Stella, Stephanie and her husband Josh agree that this was definitely meant to be. They are extremely happy and Stella is so appreciative and easy to care for. What I didn't learn until later was that Stella is a doppelgänger for the dog Stephanie had when she and her husband first met.

Belief in God's love frees us up to live with flexibility and trust. And with a full trust, success is a must. Loosen your grip and allow God to have free play in your life. Step out boldly and trust intuition. Don't be afraid of silly ideas. "The joy of the Lord is your strength." In other words, let joy be your guide. It will never lead you astray.

I've found the best way to develop the ability to be sensitive to intuition, and to have the confidence to act on it comes simply from the practice of prayer and meditation. Twelve-Step programs encourage the same. Step Eleven states it as, "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us (intuition), and the power to carry that out (act on it). Over the years I've learned to never argue with a hunch; they are magic carpets that come to carry you off to outrageous good fortune.

You are always invited to join me for an uplifting guided meditation on any Friday from 12:00pm-12:30pm, at Unity of the Westside, 10724 Barman Ave, Culver City, CA, 90230. Drop by, connect with God and leave feeling renewed, healthy and happy. No previous meditation experience necessary. It's free and all are welcome.

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran and author of "What if Godzilla Just Wanted a Hug?" For more information visit www.ThisWillMakeYouHappy.com, or www.darrell-fusaro.com

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OVERCOMING DEPRESSION

Which is better for treating depression? Exercise, medication, or both? That's what a group of researchers at Duke University wanted to know. They also wanted to know, once the depression has been lifted, which most effectively keeps people from falling back into their depressive states. They published their results so you can be empowered by what they learned. Below is a summary of how they conducted their study, what they learned, and how you can apply these findings in your own life.

How They Did the Study: They started with 156 adult volunteers, all of whom reported significant levels of depression based on standard psychiatric tests. Other criteria the volunteers needed to meet were: not currently in therapy, not currently exercising, not currently abusing alcohol or other substances, and no contraindications to exercise. They randomly divided the volunteers into three groups.

1) **Medication only:** These participants were given the appropriate doses of Zoloft, an anti-depressant that works by increasing serotonin levels in the brain. Higher levels of serotonin are linked to an overall sense of well-being and happiness.

2) **Exercise only:** These participants attended 3 supervised exercise sessions each week. During each 45-minute session, they warmed up for 10 minutes, rode a stationary bicycle or jogged on a treadmill for 30 minutes, and ended with a 5-minute cooldown. Exercise also boosts serotonin levels in the brain. In fact, it increases levels of a number of other mood-enhancing neurochemicals too.

3) **Medication and Exercise:** This group received the appropriate doses of Zoloft, and they followed the same exercise regimen as the "Exercise Only" group.

Results at 4 Months: By the end of the 4-month intervention, the outcomes for each of the three groups were about the same. Roughly 2/3 no longer met the criteria for depression. In other words, exercise alone, medication alone, or a combination of both worked equally well in the short term.

But what would happen after the intervention was over? The researchers wanted to know. They educated all of the participants about depression, and encouraged them to continue therapy on their own. This therapy could include exercise, medication, or both. It didn't matter which group they had been in. Each participant could choose whatever therapy they thought would be best for them.

6 Months Later: The researchers contacted the volunteers again 6 months later to learn what they had been doing, and measure the outcomes. This time the results for the three groups were markedly different. Forty percent who were relying on medication alone, and 30% of those who had chosen exercise with medication had fallen back into depression. Only about 12% of those who had chosen exercise only reported any depression. **Almost 90% of those who exercised regularly reported being fully recovered, a rate much higher than those who had chosen medication or medication with exercise.**

What the Researchers Concluded: According to the researchers, one of the benefits of exercise is the development of a sense of personal mastery, and positive self-regard. Those in the Exercise Only group were more likely to incorporate the belief, "I was dedicated and worked hard with the exercise program. It wasn't easy, but I beat this depression." Participants who relied on exercise and medication may have believed that they couldn't do it without the medication. They may have denied themselves that positive affirmation that the Exercise Only group experienced.

What You Can Do: The Exercise Only group felt empowered, and they used their power to lift their mood. You can too.

Find an exercise program that you enjoy. It could be brisk walking, jogging, hiking, swimming, cycling, rowing, or anything else that keeps your heart rate up for at least half an hour. Aim for at least 3 sessions per week. Do it yourself to clear your head. Use it as an opportunity to share an activity with friends. Join a group and make new friends. Do whatever works best for you! You have the power to lift your spirits and keep them up.

Leslie Gold is the founder of Strides in Recovery, a Southern California non-profit which brings the healing power of exercise to addiction recovery communities. Since 2013, she has been working with residential treatment programs, sober living homes, and IOPs to coach hundreds of people across the finish line of events ranging from 5Ks to the LA Marathon. To learn more visit StridesInRecovery.org.



PROBLEM GAMBLING MYTH BUSTERS

Do you or a loved one struggle with problem gambling or gambling addiction? Since March is "Gambling Awareness Month," I thought we could raise more awareness by learning about many of the myths and misconceptions about this addiction, from which I am maintaining recovery.

Most of us maintaining recovery from gambling know the consequences associated with this addiction and disease. From strained relationships to diminished self-esteem, crime, or criminal records to health and mental health complications (including death), addiction doesn't cut corners, nor does it discriminate who it touches.

Is it reasonable to want recovery for yourself or an addicted loved one desperately? Yes it is reasonable. That said, the path isn't always straightforward. Although we know more treatment options are needed for compulsive gambling and it is unfortunate, there are many myths floating around this disease and addiction, those myths seem to draw stigma around addicted gambling and recovery.

Let's dive into some of these common myths.

MYTH: "Gambling Isn't Addictive Or A Real Addiction." Look, gambling is designed to be addictive. Gambling operates on a principle of psychology that is known to be highly addictive and compulsion-inducing. This principle is based on variable ratios of reinforcement (i.e., winning), and random ratios of reinforcement, together known as a variable-ratio reinforcement schedule (VRRS). Finding the most addictive form of a VRRS is a matter of considerable research. Most gambling machines are programmed to dole out wins on a precise schedule that is based on the most addictive form of a VRRS.

MYTH: "I Know You Can Just Stop." There is no doubt that addiction can be frustrating. You watch yourself or someone struggle with the same negative cycles again and again. You know the decisions are dangerous, and yet they keep being made. Maybe you want to stop—and you have tried to stop—but the compulsion feels so consuming that it's easier to give into it. And so, the pattern continues. Addiction is a chronic, medical, and behavioral condition that impacts one's neurobiological chemistry. It affects biological, social, and psychological functioning. The brain becomes hard-wired to seek, crave, and withdraw from prolonged periods of heavy gambling. "Stopping" isn't as easy as wanting to stop. If it were that simple, everyone would do it! Recovery often entails a process of intense trial-and-error, of learning new coping skills, and of learning how to manage intense cravings and triggers when they arise.

MYTH: "Addicts Are Those Bad or Poor People", Calling any group of people names, even gambling addicts, is terrible and can lead us down a shaming and guilt-ridden rabbit hole. Most people struggling with a gambling addiction may have histories of co-occurring issues like depression or anxiety. They may have struggled with trauma or abuse as I did. Gambling itself may not be the only issue or problem; we are the escapees and ones who run to numb ourselves as a solution for other problems we may be dealing with. We keep stuffing our problems away. This is exactly what I was doing within my addiction! I also feel it's both ignorant and unfair to assume that "these people are bad, inadequate, or destitute". We were making choices that harm ourselves or others around us because we were sick, and it's often unintentional and done as a means of survival and a way to cope. We always say: "Hate the addiction and not the ADDICT."

"MYTH: "If You Keep Playing, You Will Eventually Win Your Money Back" The longer someone remains active within a gambling addiction, the higher the losses. The irrational thinking that the gambler will eventually hit it big and come out ahead is a significant driver of gambling addiction. To people who don't have a gambling addiction, it is usually evident when enough is enough, and they can walk away from their losses and get on with life. However, compulsive gamblers cannot do that; they keep coming back, driven by irrational beliefs of the big win. For myself, I got the same rush and high just as a drug addict! It kept me zoned out, so I didn't feel the past pain of my childhood or dealing with life in general! Sadly, if I won, I'd stay longer and spend every penny thinking I would win again and again. If I lost, I would continue chasing and trying to WIN the money I had lost and then I would LOSE EVEN MORE.

MYTH: "Compulsive Gamblers Play Every Day" Ok, this was somewhat true in my experiences and was due to the Oregon Lottery machines everywhere, I was going to gamble multiple times a day! Why? There was access right across the street! Many compulsive gamblers have dry periods without any betting.

However, gambling addiction is chronic and progressive, so for many pathological gamblers, it

Con't Page 22



Addiction Therapeutic Services

Addiction Therapeutic Services

Receiving addiction treatment at Addiction Therapeutic Services will provide you with the foundation and tools to recover. ATS offers drug and alcohol addiction services, and Behavior Health treatment programs in the Coachella Valley in Rancho Mirage, CA for adults and adolescent. Each client receives an individualized treatment plan based on their initial assessments and on-going progress reviews. The ATS Treatment Team employs highly experienced addiction doctors, clinicians, and support staff. The addiction treatment programs are comprehensive offering individual therapy, group therapy, medication management, support services, and case management for your unique needs. Additionally, we offer PHP, IOP, OP, individual therapy, and case management services.



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MARCH EVENTS

THIRD MONDAY OF EACH MONTH: GET THE HIGH of H & I. Would you like to carry the message to Alcoholics who can't go to an outside meeting? If you are interested in becoming a part of H & I they meet on the 3rd Monday of each month at St. Innocent's Church, 5657 Lindley Ave. Tarzana CA 91356. New member orientation is at 7 pm, the business meeting starts at 8 pm. For more information visit www.sfvhi.org

AT CENTER HOLIDAYS AND MORE: www.atcenterla.org/happenings/. In addition to your 40 plus 12-step meetings help support some of our newer offerings. Some held nowhere else in the nation except at the ATC. TRANS AA LA "What's the T?"-Fridays at 8:15pm. AA-Unidos en Sobriedad (LGBT). Mondays at 8pm AA-Never Had A Legal Drink. Tuesdays at 8:15pm RD-Recovery Dharma (M-F) Noon 1773 Griffith Park Blvd., Los Angeles, CA 90026

LAST FRIDAY OF EVERY MONTH: Sober Cafe Open, all welcome. La Ventana Treatment Centers invites our community each month for free coffee, music, game and fellowship. 8:30 pm to 10:30 pm, 1408 East Thousand Oaks Blvd., Thousand Oaks, California. For more information call (800) 560-8518. www.laventanatrement.com

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.

FRIDAY APRIL 3RD TO SUNDAY APRIL 5, 2020: There Is A Solution, 39th Annual Southern California Hospitals & Institutions Conference. Holiday Inn, 14299 Firestone Blvd., La Mirada, Speakers, Panels, Meetings, Banquet & Dances. For More information www.socalhandi.org/event/2020-southern-california-hi-conference.

THURSDAY APRIL 9TH TO SUNDAY APRIL 12TH 2020: 20/20 Vision San Deigo Round Up 2020 A.A. Conference, San Deigo California. Speakers, Workshops, Meetings, Variety Show and Dance and More. www.SanDiegoSpringRoundup.com

FRIDAY MAY 1ST TO SUNDAY MAY 3RD, 2020: 32nd Annual Big Island Bash 2020. At the Sheraton Keauhou Resort and Spa. For more information visit www.bigislandbash.com

THURSDAY JUNE 11 TO SUNDAY JUNE 14, 2020: A.A. Desert Pow Wow 2020. Come and join us for fun and fellowship at the The Renaissance Esmeralda Resort and Spa. The hotel is located at: 44400 Indian Wells Lane, Indian Wells, California, 92210 for more information visit www.desertpowwow.com.

THURSDAY JULY 2 TO SUNDAY JULY 5, 2020: 2020 INTERNATIONAL CONVENTION OF Alcoholics Anonymous this year to be held in Detroit, Michigan. For more information and to register www.xpressreg.net/register/ICAA0720/landing.asp.

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

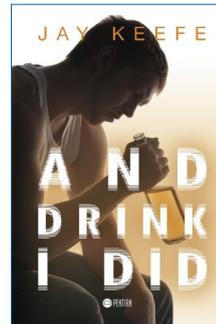


AND DRINK I DID, One mans story of alcoholism and growing through recovery. Written by Jay Keefe. Published by Lantia Publishing. This story by Jay is of how he fell into alcoholism, until October 4th of 2009. This was the day he hit his bottom; waking up with tears running down his face and the weight of the world resting on his chest. He was so hopeless; that he wanted to die; he knew if he had a gun he would have put the nozzle into his mouth and pulled the trigger.

This story is honest, straight forward and does not pull any punches. It is written plainly and openly, by a man who has seen and done unbelievably bad things, but was able to turned his life completely around. This is also a story of redemption. It's an inspiring tale about overcoming addiction, accepting help and perhaps, most importantly, understanding personal value.

However, this book does not speak only to those addicted to alcohol. It could be drugs, could be violence, and could be overeating or any number of things a person can become addicted to. What this book is truly about, is finding a reason to change your perspective and courage to do so, especially when you have seemingly hit bottom.

Jay makes it clear it is not easy to get and stay sober, but it IS worth it. Just hang in there and you will one day thank God, or your higher power, that you did. Since being sober Jay has: been published in several magazines and newspapers. He received his Certified Personal Trainer certificate from The National Academy of Sports Medicine in 2014 as well as his Certified Health Coach certificate from The Institute of Integrative Nutrition. Jay feels if this book helps just one person reach out for help, then the book is a success, although he hopes many will. Available at Amazon.com

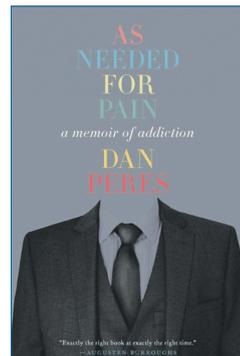


AS NEEDED FOR PAIN: A Memoir of Addiction. Written by Dan Peres. Published by Harper.

What a great read this was. I had a hard time putting it down. My friend Amy Dresner introduced me to Dan Peres and raved about his book. Since Amy said it was a great book, I knew that it was worth my taking the time to read it, based on her opinion alone. First off, I loved the title "As Needed for Pain" because when I was using, pills were always needed for pain; emotional, mental and occasionally physical pain. For most addicts "as needed" is a green light for constantly. Dan Peres, is such a gifted writer He is so vulnerable and honest, I can see why this book has gotten so many great reviews. Dan has such a sharp wit - I found myself laughing out loud, and in equal parts I felt his pain as he outlines his descent into addiction. He also gives the reader a behind the scenes view of the fashion world.

Dan won my heart by revealing himself completely in this book. He writes about the "sense of triumph" over his addiction that never lasted long. He writes about people asking "what is wrong with you", all the while thinking he had it under control.

Again the honesty is what I think makes this book so easy to read. I did not identify with his life style but I sure knew his disease as if it were my own. I think it is important for all types of people, from all walks of life, to "tell all" they can about this disease including how it affected them, and how we can recover, no matter who we are. We each walk a different path and when we find someone who felt - or feels - like we do, there is a sense of hope for us and those we love. I hope Dan writes a book about his journey in recovery. I give this book, FIVE STARS Available at Amazon.com.



EMOTIONAL HEALING: What Cost So Little, is Worth So Much. By David E. McCauley (Author, Editor, Illustrator)

David conveys to the reader the very nature of why, we as those suffering from emotional, psychological and spiritual maladies, have extreme difficulty during our times of convalescence. Within the pages of this remarkable book lies the formula to go beyond the physical perceptions, to find that the "Keys to Recovery" lie deep within each and everyone of us.

The answers that we all with deficiencies are searching for, are obtainable with the correct teachings and guidance. Consider this enlightening book as a very intuitive guideline, explaining in detail how to achieve ultimate inner peace. David explains that we all have the fortitude deep within, to embark on the road of healing from all aspects of the heart and mind. This is a must read for those of us in recovery, as well as those that are preparing to start on the road to recovery.

Most of us have some form of mental deficiencies in one way or another. Some of the reasons may have occurred from a myriad of outside forces. Being able to heal from the physical, mental, spiritual and sexual abuse can be acquired. I appreciate having a unique book such as this, helping to educate and elevate me to a higher level of understanding. Thank you David, for presenting the information about how to repair the damage done to us, and for helping us to become complete in mind, body and spirit.

I highly recommend this book. Available at Amazon.com.

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



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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, Calif. Call (310) 562-2534.

CATALYST SOBER LIVING & SUPPORTIVE LIVING: 10335 Kurt St., Lakeview Terrace, Calif., \$855 Includes utilities & 3 meals a day. Supportive Services Include: AA Groups, Day Treatment Programs, Partial Hospitalization Services, Mental Health Screenings, Self-Help Groups, Job Training. Call Sergio Ventura (661) 434-8699 or email: sergio@ccs.org

CHANDLER LODGE SOBER LIVING FOR MEN: non-profit, since 1960. We function as a recovery program of attraction. 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.

SOBER LIVINGS

HOUSE IN THE HILLS Sober Living for Women in Woodland Hills, CA. We believe that recovering addicts/alcoholics must safely reconnect with the outside world, aided by a healthy, balanced and secure environment. 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

MIRACLE MILE RECOVERY: Brand New Transitional Sober living for men, women, and couples located in mid city of Los Angeles, Miracle Mile. Clients are required to attend Intensive Outpatient, actively participate in any type of self help or recovery and either gain employment or attend school. Case management is provided Call or Text (951) 567-3285 or (323) 949-5309.

MOMENTUM SOBER LIVING, BEVERLY HILLS. Recovery Is Possible. Living Healthy to Recover. Maintaining recovery requires a healthy lifestyle change. Momentum Sober Living provides the guidance and support that you need to make this change happen and the MOMENTUM you need to create the healthy life to Stay In Recovery. Affordable luxury tranquil small-house setting with focus on assisting clients to live a well-balanced healthy life. Medication management. Daily supervision and case management. Independent living skills. Focus on nutrition, physical fitness, and developing good sleep hygiene. Make the Call (424) 421-4068 or visit www.Momentumsvc.org

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THE MOORPARK HOUSE is an Affordable, Structured, and Safe Sober Living in N. Hollywood, near Universal Studios, and NoHo Arts District. Easy access to public transportation, and the Metro. Random UA & Breathalyzer, you must actively work a 12 step program, be clean and sober from both drugs & alcohol. Near multiple meeting halls. New beds, mattresses, bedding, & pillows are provided at move in. FREE Transport to facility available at time of move in. Coffee, WiFi, Computer/Printer Station, Spacious Rooms, Toiletries, Towels, Community TV, Stocked Kitchen are all provided in monthly lodging fee. Call or text (424) 239-9290. www.themoorparkhousesoberliving.com

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

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

THE VESPER HOUSE! UNDER NEW MANAGEMENT: Are you ready to begin your NEW SOBER future TODAY? We are Southern Calif. Oldest Women's Sober living Home! Vesper House has been helping women who are in recovery for more than 65 years. 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 more! Located at 6301 Cahuenga Blvd., N. 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.

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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 info. The only requirement is that you are clean & sober and have a love of old cars.

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Terms and Conditions

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

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

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

www.KeysToRecoveryNewspaper.com

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

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

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

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

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

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

Vital Services Resource Guide

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

RESOURCE GUIDE

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

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

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

A.A. LA Central Office: 4311 Wilshire Blvd., #104, Los Angeles, CA 90010, www.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 & Sun 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 Dept. 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) L.A. (323) 969-4995.

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

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

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

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

Debt-Anon: 12-step recovery program for those affected by a problem of compulsive debt in a relative or friend. Phone Mtg. Sun. 10am Pacific Time (605) 313-5104, 74951#. www.debtanon.org.

Debtors Anonymous: offers hope for people whose use of unsecured debt causes problems and suffering in their lives and the lives of others. Visit www.debtorsanonymous.org for more information and support.

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 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.

LGBTQIA+ AA Meeting: Saturdays, 6:30 PM, Thousand Oaks, CA (800) 560-8518. www.laventanatrement.com

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 & Drug Dependence Headquarters: (NCADD 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

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 & Families of Sex Addicts) www.sanon.org (800) 210-8141.

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

SUPPORT GROUP: Free & open to anyone supporting a loved one through their mental health and/or substance use recovery. 1st and 3rd Thurs. of each month, 7:PM Thousand Oaks, CA (800) 560-8518 www.laventanatrement.com

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.

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

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 Satcoy 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. (818) 346-5554.

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

DISABILITY SERVICES

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

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

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

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

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

Fetal Alcohol Syndrome Information (626) 793-7350.

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

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

MISSION HILLS Recuperative Care Shelter (818) 392-0020.

MENTAL HEALTH SERVICES: Hathaway-Sycamores Child and Family Services, For info on mental health services, (844) 222-2377 (1-844-2Access) or email referral@hscfs.org. Please include the type of service being requested, the age and the city of the person you are requesting service for, and any additional comments. We will respond to all calls within one business day. Interested in volunteering with us? Please email mentoring@hscfs.org.

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) 242-1106.

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, (213) 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.

Jenesse Center (323) 299-9496.

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

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.

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.

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.

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

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

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

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

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

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

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

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

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

House of Ruth (909) 623-4364.

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

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

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

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

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

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

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

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

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

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.scadplne.org (562) 923-4545.

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) 651-6000.

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, (800) 799-7233

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

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

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 & 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

SUICIDE PREVENTION

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

National Suicide Prevention Lifeline (800) 273-TALK (8255), www.suicidepreventionlifeline.org, www.veteranscrisisline.net

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

The Trevor Project offers suicide prevention services for LGBTQ youth at (866) 488-7386.

SAMHSA's National Helpline offers referrals for substance abuse and mental health treatment at 1-800-662-4357.

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.

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



Even though I was still seeking the God of my understanding, it was the God that I had been questioning for thirty-five plus years that saved me. Not money, things, a tree, a mountain or the ocean. It was the morning that I dropped to my knees and told God I no longer wanted to live the way I was living. I no longer wanted to drink. I wanted to change but I didn't know how to, and couldn't do it alone. It was at that moment that the obsession to drink or use was lifted from me. It was at that moment that God gave me the courage, strength, and wisdom to work through the pain and shame of my past, and the years of harm caused by being abused. No human power, tree, stone, fan, radiator or covetous thing has or ever had that kind of power.

So, the question arises what does the "God as we understood Him" mean? When Dr. Bob and Bill W. refer to God or Him in the steps or the big book, which God or some simulation of Him is used more than four-hundred times in each of the several editions of A.A.'s Big Book. Using a capital "G" and "H" is a reference to God the creator. Remember that either God is everything or God is nothing, there is no in between. For myself, it came down to looking at how I had understood God prior to entering treatment. No one had ever asked me that question before. Because of things that had happened to me growing up in a "Born Again Christian" household, I had a very distorted understanding of God. He molested me, beat me, emotionally and verbally abused me, and if He did exist, He didn't care about me. That is why I turned to anything and everything, including alcohol and drugs, to try and take away my pain and shame. Everything I had turned to in the past only created temporary peace, but ultimately led me down a path of destruction. I had nothing to lose by looking at God through a new pair of glasses.

A.A. allowed me the time to seek out the answers I was looking for in God. My therapist who gave me great insight into who God is also played a great role in allowing me to find the God of my understanding. I questioned why God allowed many different things in my life to happen to me, to which she would always answer "it's none of your business." Remember either God is everything or God is nothing. It was Greg my spiritual counselor at The Betty Ford Center who really made the transition of my thinking easy. We did an exercise where he had us write out who God would be to us if we could create Him. We filled up a white board with words like; kind, loving, caring, compassionate, understanding, forgiving, fun, and so on. As Greg was walking out the door he stopped, turned to us and said, there's your new God.

Today God is all those things we wrote on that white board and so much more. However, it still took me some time to fully trust that God was all of that and more. What I learned and came to understand and accept, is that God gives man free will. In doing so it is easy to blame God for the things that happen to us. The reality is, God never molested or beat me. He never emotionally or verbally abused me; man did. Then why did He allow it to happen me? I didn't know then, but I know today and that's a topic I'll leave for another time.

Randy Boyd, CADC-1, is the author of "Healing the Wounded Child Within". He is also a Certified Life Coach, an Associate Pastor @ Destiny Church, and a Celebrate Recovery Ministry Leader @ Destiny Church. He can be reached at Courageous Healers Foundation - www.courageoushealers.org, (760) 702-5498.



3) Technology-based Treatment: customized and personalized for each and every client (savings: an increase in recovery rate to 90% plus)

4) All Addiction Treatments are free no matter how many visits are required (this gives providers incentive to get it right the first time)

5) End the Stigma: addicts seeking help are no longer chased back to their drug of choice by their unforgiving family, friends, or employers. This helps get addicts into treatment earlier than is common currently and does raise recovery rates as they are not yet too deeply into addiction.

6) An Increase in Spirituality: the revival of spirituality begins to cut down on potential new users thereby shrinking the overall population; also, meditation practice will help improve recovery rates.

7) Substantially Improve Recovery Rates: drastically reduce relapse rates, Target 90% by 2030

8) Treatment for Dual Diagnosis, Family Diagnosis. Treatment is free as are any required medications following the development of personalized coping strategies.

9) Increase the Number of Helping Practitioners by reducing the cost and time as barriers to licensure.

10) New Technology-based Treatment Modality for depression and anxiety reducing the number of suicides scripted drugs, Etc.

Robert Hobbs is the best selling author of Heroin Living and Dying with an Addict You Love, and the recently released Brown Bag, Blue Collar Recovery Planner - 90 Days to Clean and Sober. You can find Bob on Facebook at Bob.Hobbs.399.



Here, children learn through play in a safe supportive environment, to express their feelings, and to learn that their parent's or brother's or sister's addiction is not their fault. They also develop strategies to support their long-term wellbeing.

From my own clinical practice, I've seen what children may experience:

- night terrors
- being unsure of oneself
- not understanding what's wrong with mom or dad
- wondering why they are passed out on the couch
- why can't my parents brush my hair
- why can't they take me to school
- always wondering what I (the child) did wrong
- what I could do differently

Meet Karli — The Child Of An Addict: Sesame Street is taking a lead in helping children with vulnerabilities develop the necessary strategies to learn to thrive. Sesame Street has a new kid on the block- Karli. (Karli is a 6 1/2-year-old green Muppet with yellow hair who explains her mother has a problem and is in recovery.

Through the lens of Karli and the other Muppets, kids learn

1. "Addiction is a disease (an addict or alcoholic is not a "bad person")
2. Addiction is not their fault or responsibility
3. They are not alone (other people have this problem)
4. There are healthy ways to cope with the pain and difficulties caused by a parent's substance abuse.
5. Most of all, children learn the 7 Cs. This was lifesaving to me, as I know it was to other children and Adult Children of Alcoholics across the globe.

If you are worried about a child living in an alcoholic home, there is help. Videos in both English and Spanish are available through Sesame Street – and The Children's Program and Jerry Moe are just a phone call away. And always know you can reach out to me and I will connect you and help you develop the necessary scaffolding to help your family.

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. She speaks about these topics all around the country, trains staff at many treatment centers, and develops original family programs. Louise has been the recipient of many awards. 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.



eventually becomes a daily activity unless they seek and accept help. An obsessive-compulsive pre-occupation with gambling characterizes pathological gambling. Over time, these obsessive thoughts about betting become increasingly more invasive and anxiety-provoking. The only way to relieve that anxiety is by gambling, which is the compulsion that is coupled with the obsession. Similar to people who struggle with other addictions, pathological gamblers experience tolerance, meaning that they require increasing amounts of the activity to satisfy their obsession and to get the same high. We also experience growing amounts of withdrawals, which can be low mood, depression, anger, and irritability felt when not gambling. As these effects worsen, gambling usually increases as a result, and the addiction progresses.

There are many more myths and misconceptions about addicted gambling as described in this informative article by my friends at "The Recovery Village Center" www.therecoveryvillage.com/process-addiction/compulsive-gambling/related/gambling-myths/#gref. They debunk myths around teen gambling, about the gambling machines, and that gambling addiction is only a financial problem and much more. I hope you will take the time to read the full article to be "In The Know" about the myths of this cunning addiction continue to "QUIT To WIN!"

Catherine Townsend-Lyon is the author of her debut memoir, "Addicted To Dimes," a gambling recovery advocate, coach, and ghostwriter. She runs "Lyon Media Services" helping authors market their books throughout social media. Catherine advocates about gambling addiction and has shared her story on Addictionland.com, FacingAddiction.org and HeroesInRecovery.com. Catherine writes and shares her recovery journey from gambling addiction along with resources on her recovery blog "Bet Free Recovery Now" betfreerecoverynow.wordpress.com. Catherine resides in Phoenix, Arizona and continues to help and sponsor those from gambling addiction. Email: LyonMedia@aol.com. Call (602) 633-3991. Let's Connect on LinkedIn, Facebook and Twitter.

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



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West Coast Symposium on Addictive Disorders



May 28 - May 31, 2020

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Jean Campbell, LCSW,
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Ben Cort



Don Grant, MA, MFA,
DAC, SUDCC IV, PhD



Terra Holbrook, MSW,
LCSW, CADC, CSAT



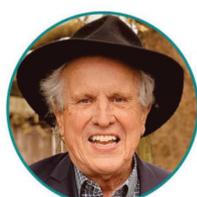
Carol Kiriakos, MD



Cecelia Mylett, PsyD,
LCSW, MSW



Stephen Sideroff,
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David Smith, MD,
DFASAM, FISAM,
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Sharon Volner,
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