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April 2020

KEYS TO RECOVERY NEWSPAPER, INC.

Grief & Recovery



*Feature Article By: G.Jay Westbrook
Cover Art Designed By: Rachel Colón*

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



Welcome to the April issue of Keys to Recovery Newspaper. We want to thank everyone who continues to support us. Your support makes it possible to spread the message of recovery and hope during a very strange time in our history.

I sent the following to the women I sponsor, and posted it on Facebook, and now I want to share it here with our readers.

This is not a time to drink. This is not a time to use.

This is not a time to sink deeper into depression.

This is not the end - This is **The Beginning - The Beginning** of digging deep and finding what you KNOW is already living inside you, HOPE and FAITH.

We need to be calm and bring peace to others, we can do this by supporting each other. Make sure your own house is in order, and that is how we will HELP others.

Talk about your feelings, because they are real, however we do not live by our feelings alone. We use our brains and our hearts to filter what we feel.

This is a time for us to strengthen ourselves, emotionally, physically and most importantly **SPIRITUALLY**. Our entire lives have prepared us for this type of situation. Look at all that we have survived. Many of us already live by the principles **"One Day At A Time,"** and **"Easy Does it."** We got this!

Be the LIGHT in this time of darkness. Be the hope that others need. Live by Faith not by Fear. And remember **"DO NOT FEED THE FEARS"**.

These lines from our favorite song "Confidence", sum it up for me, going to the one true source, for all I need, God, who is my refuge, my strength, and my peace.

So give me faith like Daniel in the lion's den

Give me hope like Moses in the wilderness

Give me a heart like David, Lord be my defense

So I can face my giants with confidence...

So triple up on your meetings (ONLINE), your mediation, your journaling, your prayer time, and reaching out to others. Be kind to yourself and others. Take a deep breath and smile. Just smiling changes the way we feel. Can I say it again? **We got this!** It will be hard but by the time this "safer at home" is lifted, imagine how STRONG you will be for everyday life! Remember **"Pressure Creates Diamonds"**, go be a diamond. **God bless you! - Jeannie Marshall, President & Cofounder**

Hello to one and all, I hope that this Editor's column finds you safe and in good health. This month of April with all of it's uncertainty, has been nothing like anyone that I know has ever seen. This is a time that we as individuals should step up to the plate, with our behaviors and our goodwill outreach. Gratitude should be shown even in our darkest moments.

The simplest of kind gestures, can be remarkably uplifting and soothing to those around us. During the times of dread and unknown outcomes in our lives, is when our faith (actions) should be expressed of who's actually in control. My higher power (God) is truly the final authority who I trust, and I try not to allow my emotions to dictate my behavior. Let us act as being those that believe, through our behaviors and actions toward one another.

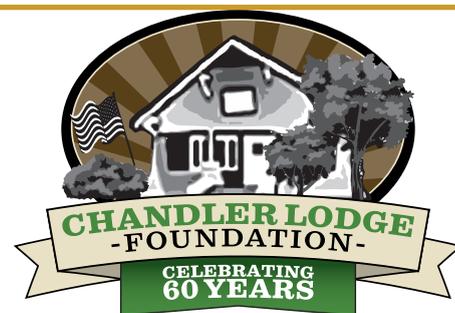
If each and everyone one of us practice social distancing, accompanied with washing our hands every time during and after being out in public, this would help stop the spread of the virus substantially. Common sense is a concept known by many, but yet is practiced by few. I personally believe this will be an eye opener, for all of us that take certain things in life for granted! Our appreciation level will rise, and our perceptions will change for the good.

Even the ability to move around freely and uninhibited, will be so very welcomed. Not to mention shopping freedoms, or even a handshake or hugs from friends or family. The privileges we once had at our fingertips daily, are now being sorely missed. There are a multitude of unrestricted experiences that we still have within our reach, being confined together in our homes allows us getting to know our loved ones, even more intimately.

Remember that even when the skies are dark with ominous clouds, directly on the other side of them is sun shining clarity! Let's keep our minds diligent and try to remember there is always a silver lining, if we look for it - No Matter What. We as a body of believers know that by taking it one day at a time, allows us to catch our breath and continue forward. Until we come together again for reasoning, may God bless, protect and guide each of our steps. - **Marcus Marshall, Vice President & Co-founder**



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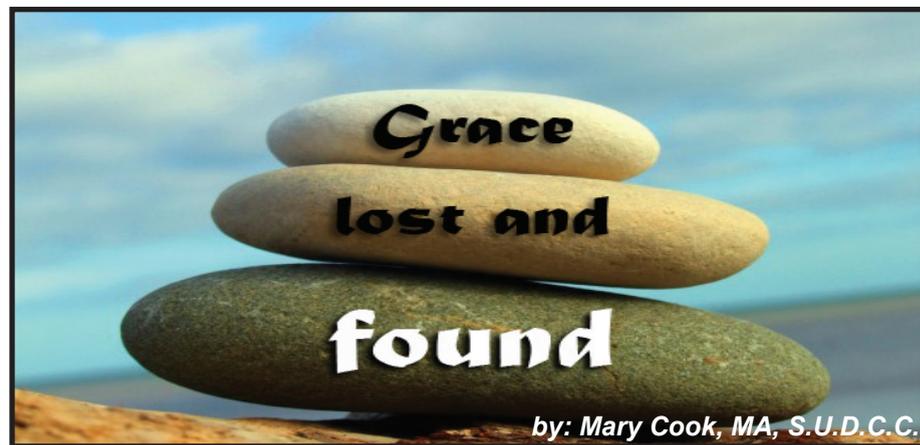
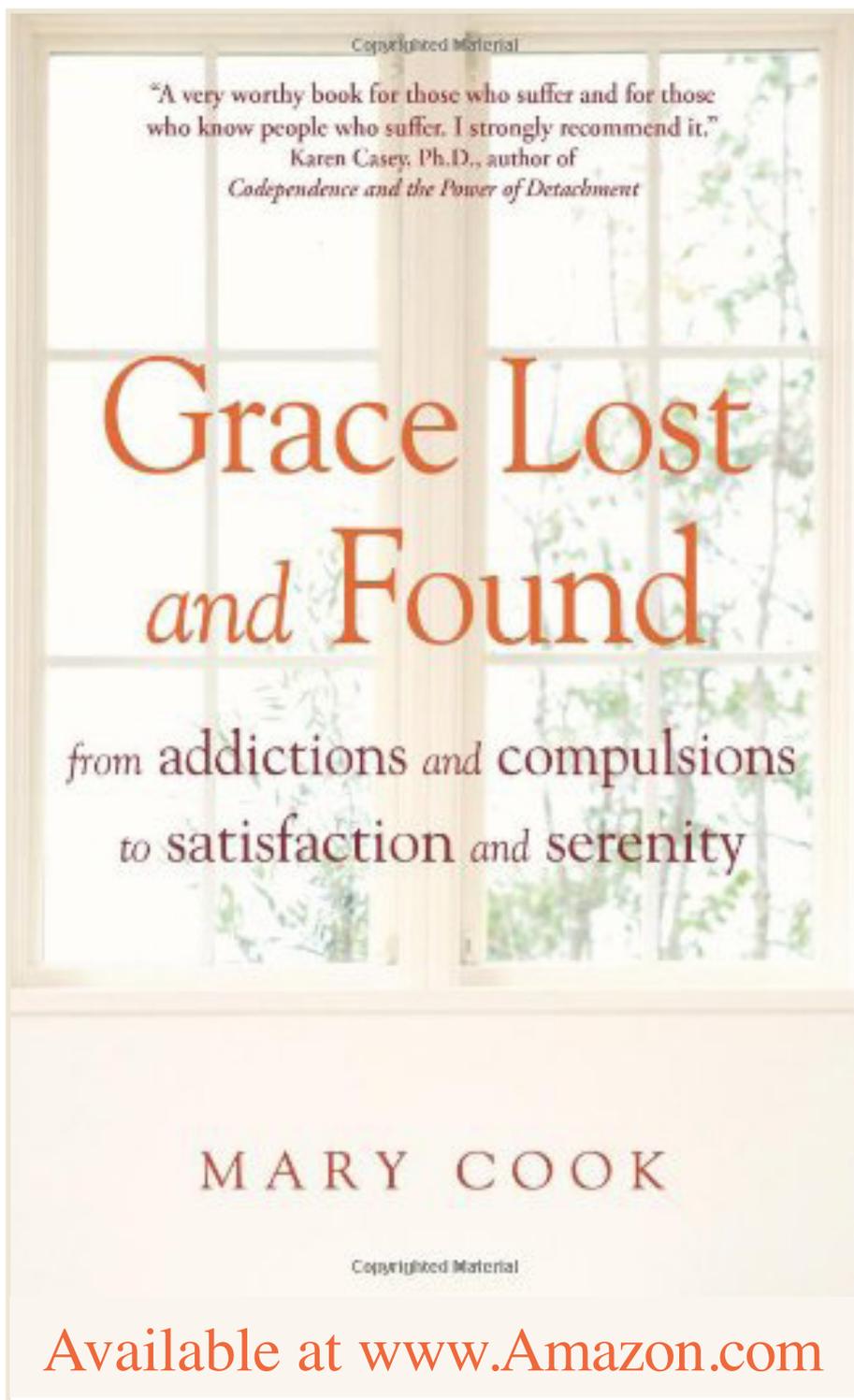
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HOME FOR RECOVERY

Addiction is a disease that frequently generates from childhood trauma and stress, thus hampering the development of mental and emotional maturity. Adults entering 12 step programs have a preponderance of childhood and adolescent thinking and behaviors which interfere with building a foundation and home for a recovering life. The wounded child in us would rather play than work, daydream than admit faults, test the limits of rules rather than follow directions. The wounded child in us may distrust others due to prior abuse and abandonment. The wounded adolescent in us would rather defy authority than ask for help, skip steps of the program rather than diligently complete them, defend character defects and demonstrate arrogance rather than humility. The wounded adolescent in us may mistake self-examination for self-deprecation and help from others as rejection or domination.

Children like to build homes out of blankets and chairs, while adolescents like to build treehouses and clubhouses. These homes create a sense of comfort, privacy, and ownership. Adults understand the necessity of safety, strength, and durability over time in a home. They understand the natural and manmade environment must be healthy for a home. Adults recognize the importance of a well thought out plan, and the structure, discipline, effort, and right resources and materials to carry it to fruition. Adults understand the value of patience as one decision affects countless others, which either have us going backward or forward. Adults understand the necessity of both a broad perspective and focus on the task at hand. If we create a home in the fastest, easiest way, we'll have wonky walls, cracked concrete, leaky roofs, ill-fitting windows and doors, and unstable foundations. If we are mindful and deliberate, home can be a welcome sanctuary to support ours and others personal growth, for it is the inner character that supports and sustains outer work.

Creating a home for recovery is an internal and an external experience. We must relinquish our inner forts of defenses in order to heal our wounds and participate in a recovery community to support each other. Instead of fighting or feeding problems and addictions, we must outgrow them in favor of daily solutions and sobriety. Trauma and addiction create a cold-hearted home. Misery loves like-minded companions to complain, judge, and hate, each trying to outdo the other as if there's a prize for pity and an award for anger. Recovery creates a warm-hearted home of honesty, humility, generosity, and gratitude, with like-minded companions who cherish life and honor what is most essential and valuable within us.

Where and how we live reflects our values, interests, personality, lifestyle, and sense of purpose. An external home can look nice on the outside but have shoddy construction. If the initial construction is solid, major problems can arise over time from lack of maintenance. If we outwardly appear healthy, attractive, and nice, but inwardly are sick, offensive, and bitter, we lack a foundation for a healthy home. Just as solid, well-made homes protect our well-being, we need strong, healthy boundaries to protect us from what could compromise recovery. We need to heal the wounded child and wounded adolescent within us and become mentally and emotionally mature adults. We need to build a new foundation that is deep, strong, and well thought out, to sustain recovery and continued growth. We must strengthen recovery with daily maintenance, and this affects every aspect of ourselves and our lives. A home for recovery supports authentic evolution of mind, body, heart, and spirit and enables us to live in greater harmony and helpfulness with each other.

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



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Sunlight of the Spirit

by: Darrell Fusaro

THE LIGHT WILL DAWN!

The light will dawn! I recently read this statement in a book of the same title and its bold simplicity ignited my faith. The light will dawn! Just saying it gets hope flowing through my entire body. It creates a feeling of joyful expectancy, which by definition is faith.

Lately, I've been maintaining my faith in God with these statements. "The light will dawn!", "Don't give up five minutes before the miracle," and "The captain is on the bridge".

If some thought, person, or news begins to arouse fear or anger within myself, I take it as a call to bless that thought, person or news. It's the concern that needs the treatment. So I treat the concern with God. I must believe that the captain is on the bridge and that all will be well.

Years ago while patrolling the Bering Sea on a United States Coast Guard cutter a storm struck. There were a hundred of us on a 378-foot ship being tossed about like a cork. Waves crashed over the deck. Being thousands of miles from land in every direction could have been terrifying to the point of hysteria, but it wasn't. Everyone reassured one another that the captain was on the bridge and that he knew what he was doing. Even us brand-new sailors chose to agree and believe this to be true.

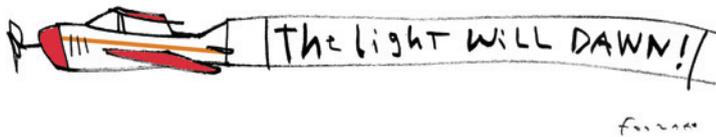
A belief is more than wishful thinking: it is a magnetic force that attracts according to its nature.

Exactly one year to the month that I had my first experience in those stormy seas I was introduced to an Emmet Fox essay titled, "The Captain Is On The Bridge".

Here is a portion of it;

"The human race is not doomed. The captain is on the bridge. Humanity is going through a difficult time, but humanity has gone through difficulties many times before in its long history and has always come through, strengthened and purified.

The captain is on the bridge. God is still in business. All that you have to do is realize the Presence of God where trouble seems to be, to do your nearest duty to the very best of your ability; and to keep an even mind until the storm is over."



"Great peace have they that love the law: and nothing shall offend them." -Psalm 119:165

This is a promise, both psychological and spiritual, that when I hold to the joyful expectancy (faith) that the light will dawn, I will remain undisturbed and will be of great benefit to others.

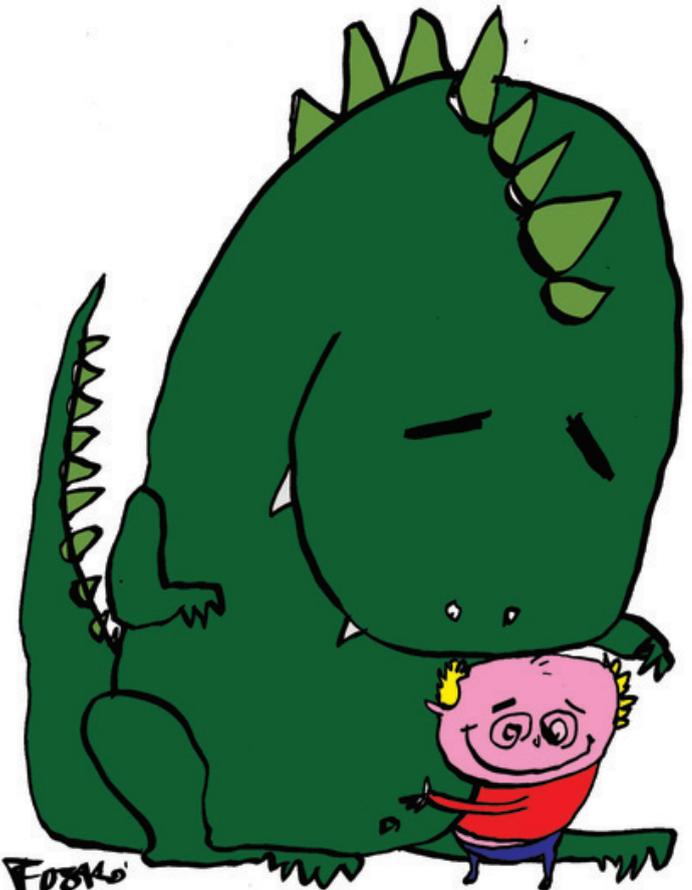
When worry and doubt creep back in I affirm, "God brings it about, in spite of my doubts!" Rather than trying to resist or combat my fear, doubt and worry with self-will, this affirmation brings peace through nonresistance. It's reassurance that I have faith in my faith and trust that "God moves in a mysterious way, His wonders to perform."

"Ask yourself, 'Am I part of the solution to the problems around me, or am I part of the problem?' If you react with anger or bitterness or fear, you are projecting negative vibrations, and thus you are part of the problem. Unless you want to perpetuate conditions around you, you must change your thoughts about them. Get in tune with God, become synchronized with the divine flow. When you are poised in yourself, you are in a position to project this positive vibration to the world." -Eric Butterworth

Meditating on Love will always get you synchronized with the divine flow. At any time during your day, even while parked in your car, you can take three deep breaths. Take this time to notice that with each exhale all tension drains from your body and your muscles relax naturally. In this relaxed state acknowledge that the Power within you blesses all. I like to meditate on this truth, "The Power within me is blessing all mankind, and is forever healing all with whom I come in contact." Do this regularly and you'll become a center of love and a positive influence in your community.

*"You've got to accentuate the positive - Eliminate the negative
And latch on to the affirmative - Don't mess with Mister In-Between
You've got to spread joy up to the maximum - Bring gloom down to the minimum
Have faith or pandemonium's - Liable to walk upon the scene"
-Johnny Mercer, "Ac-Cent-Tchu-Ate the Positive"*

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran and author of, "What if Godzilla Just Wanted a Hug?" To learn more about Darrell visit www.ThisWillMakeYouHappy.com



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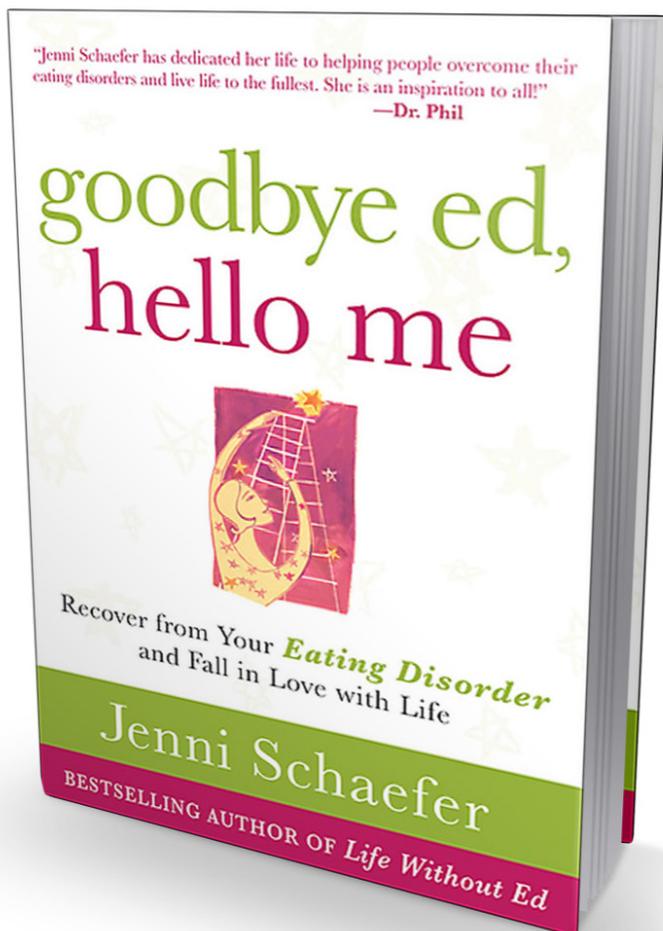
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RECOVERY AT SIX FEET AWAY: CONNECTION, CREATIVITY & THE CORONAVIRUS

"Connect, connect, connect," therapists have told me far more times than I can count. *Isolation is what kills when it comes to eating disorders.*

Trauma is disconnection. Recovery is connection.

Depression thrives in solitude, so support saves.

Enter a worldwide pandemic. Now what?!

Over a decade ago, Ed (a.k.a. my 'eating disorder') would have used the coronavirus as a perfect excuse to keep me holed up in my own personal quarantine of disaster and destruction. Depression would have wholeheartedly agreed: "You can't reach out for support. It isn't safe." Years later, trauma, stuck on high alert, surely would have chimed in: "Yes, connecting is life-threatening. It could kill you."

Has Ed—or another mental illness—hijacked the pandemic to strengthen its agenda? The first step is to see it. I wouldn't be surprised to hear Ed spout off any of the following:

"It's okay to binge, because this is an extra stressful time. You can stop when COVID-19 stops."

"Don't eat. There is a food shortage."

"Purging—just for now—is acceptable. You have to manage your extra high anxiety somehow."

Here's a key tip: If Ed is opening his mouth, he is lying. Worldwide pandemic or not, recovery must come first. No matter what, we must continue to follow healing principles. This means, in part, doing recovery from six feet away, which is how far the Centers for Disease Control and Prevention has asked us to separate from others. The buzzword is social distancing, and it is meant to prevent the spread of the virus. It is *not* a free pass to relapse (as Ed would have told me). This is a time to get creative. We can practice flexing our black-and-white thinking muscles all the way to some grey flexibility.

More than ever, this is the time for technology to shine. Maybe we can't attend a support meeting in person, but we can go to virtual meetings. The follow list is just a handful of available options.

Online and Phone Support Meetings

- [Eating Disorders Anonymous Online Meetings](#) – Eating Disorders Anonymous (EDA) promotes balance, not abstinence. Unlike drugs and alcohol, we can't abstain from food. EDA celebrates milestones rather than counting specific days of recovery. Make your milestone attending your first virtual meeting.

- [Eating Disorders Anonymous Phone Meetings](#) – If you are doing well in your own recovery, consider becoming a sponsor in EDA. As the world slows down for many of us, consider using any extra time to lend a hand to others in need. We can't hold another's hand physically, but we can always hold their hope.

- [Alcoholics Anonymous Online Meetings](#) – In my life, *open* meetings of Alcoholics Anonymous (AA) have made all of the difference even though I don't struggle with substance use disorder. AA isn't about drinking. It's about living. Those who don't struggle with the disease of alcoholism are welcome to observe in open meetings.

- [Co-Dependent's Anonymous Online Meetings](#) – Anyone struggle with people pleasing? (Insert raising-hand emoji here). Co-Dependent's Anonymous (CoDa) can help. As countries are tightening up borders, consider using this time to strengthen your personal ones. Remember that boundaries can be flexible, allowing the good in and keeping the bad out. Previously, Ed had translated 'boundary' to mean 'brick wall.' (Ed was wrong—again.)

- [Al-Anon Electronic Meetings](#) – A program for families and friends of those who struggle with alcohol, Al-Anon can be a lifesaver in times of distress. Years ago, I broke off a wedding engagement with a man who knew alcohol well, and Al-Anon was my first stop after handing back the ring. I cried the entire meeting barely able to speak. The people of Al-Anon 'get it,' no words necessary.

If you can't find a meeting that fits what you need, start one! Create your own meetings using Zoom, GoToMeeting, or another platform. We could certainly use more twelve-step and other support meetings that focus on healing from trauma and PTSD.

Con't Page 22

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ARE WE LISTENING?

What an interesting time this is for all of us. We are being forced into slowing down on a global level. Mother Earth is speaking. Are we listening?

We have been going and going non-stop. In our addiction to being busy, to doing, to achieving, to acquisition and to power, we have been sacrificing our real power and our true nature. Our connection to who and what we are. WE HAVE BEEN ADDICTED TO OUR MINDS, AND DISCONNECTED FROM OUR HEARTS, AND TO OUR BODIES. This is an opportunity to come back into harmony, back into balance with ourselves, one another and our planet.

We have been out of balance for sometime, and our Mother (this sacred Earth) has been very patient with us. We are the only species that is consistently causing her great harm. We take and consume more than we need. We abuse resources without conscious awareness and connection to where they are coming from, and we have been disconnected from having an even exchange of giving and receiving.

Something needed to stop us in our tracks. Michael Beckwith said that the number one word used for "God" is "Something." "Something" told me to go there, "Something" told me to call so and so. That Something is the great force of the Universe, and sometimes we may not necessarily like the way our gifts are packaged. Like an alcoholic who gets arrested and detained for drunk driving on a DUI - here we are. Detained as a result of our collective unconscious behavior.

We used to think that only an alcoholic when given two options (to live a spiritual life or die a horrific death) would have to take a moment to think about it. What feels like it is being revealed in all of this, is how seriously addicted we all are to THE WAY THINGS ARE. Our routines, our jobs, our security, our ways of thinking, our ways of living and mostly our comfort and convenience.

Addiction can be our greatest gift, or greatest demise depending on our response to it.

Here are some of the ways this virus is similar to getting a DUI. One alcoholic gets a DUI and it changes their life forever. Somehow, somehow - they get that this is a symptom of something much greater and they take this moment, THIS GOLDEN OPPORTUNITY, to surrender and begin living a life of assuming personal responsibility. Another alcoholic can get a DUI and use it as one more drama to get high from, distract themselves with and be totally victimized by - blaming the circumstance. Another can ignore the signal and look at the DUI itself as the "problem", and once that gets resolved or becomes a thing of the past - they can get back to "normal".

But here is the thing. "Normal" has actually been a perpetual state of unconscious suffering. Unconscious meaning that most people are completely unaware of their pain, and addiction can be a wonderful energetic resource to avoid it at all costs. However, it is still there. Unprocessed, unseen and unfelt. We have been doing this for too long. We have been running from our own pain, and the pain of the world by living in this disconnected/distracted way, and it is crashing down all around us and within us.

Everything we have been taught about our security and where it lies is a lie, and facing that, we understand, is terrifying. It is also so necessary.

So just like the alcoholic who gets the DUI - we have a choice. 1) To be a victim of the circumstance, 2) To get through this so we can get back to "normal" or 3) To take this opportunity and root deeply into personal responsibility for ourselves, that we may rise into who we are meant to be on this planet.

This is showing us our deep dependencies on many things and many systems. What is it showing YOU, personally? Ask yourself... What am I currently so dependent on that this situation could have the power to ignite so much fear in me? What am I facing in all of this?

The hardest thing any human being will ever do, is to see self. We are being given a gift. An uncomfortable yet powerful gift. To go in and to do our deepest inner work. This is not about Spiritual Bypassing, and jumping into the silver lining. It is powerful to stay grounded and not get wrapped up in panic and hysteria, however, it is equally as important to actually FEEL what we need to feel right now.

It is no coincidence that this virus is connected to our Respiratory system. Our lungs are where we carry and store our grief. This is a powerful time to slow down and acknowledge what hasn't been felt. What pain needs to be seen, heard and witnessed? Can you slow down enough to really listen? What gets to be purged, cleared and cleansed during this time?

Con't Page 22

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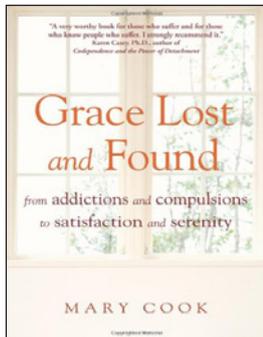
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by: Robert Hobbs

THE 25TH

Is there a "25th" on your calendar? A day perhaps like mine which is incredibly dark and as it approaches your misery grows? Perhaps you have become accustomed to anticipating its arrival as your mood becomes darker and darker? Does your mood increase your desire to drink or use or relapse? Perhaps there are other days on the calendar that increase the probability of relapse? Anniversaries, birthdays, divorce day, the day your parent died, Super Bowl Sunday? Everyone has a day or days that have emotional histories and during those days our margin for error is smaller than usual. You can choose differently. You can choose to make your bitter days into better days. You can choose to make your bitter days into anything you want. Here's a recent example from my life:

When "the 25th" approaches it is quite well advertised because it is my mother's birthday. Therefore, I cannot usually ignore its annual arrival; it's not just another day. But the 25th has additional significance because it is also the day (in 2014) that I found my son's body after a heroin overdose. Fortunately for him, the EMTs arrived on time to revive him from evident death with the magic fairy dust now known as Narcan. My son was dead! No pulse, no respiration, as blue as the ocean dead. But Narcan brought him back.

On February 25th, 2014, I began what is now a six-year saga with PTSD, major depressive disorder, generalized anxiety disorder, suicidal ideation, and bipolar disorder. All due to the fleeting few moments of helplessness and hopelessness when I believed my son was dead. It was also due to the hopelessness I felt watching him become a heroin addict over the previous eight years. I had failed as a father and was helpless in turning him around during the initial phases of his addiction.

Since that day in 2014, I have emotionally struggled through each "25th" as if the events were reoccurring in real time. It is much like a dark anniversary that demands a dark celebration along with a vivid recollection of all the pertinent moments. I was not looking forward to this year's anniversary (2020).

Is it normal or necessary to relive and mourn our worst, most desperate moments of trauma and tragedy on specific periodic dates? Is it healthy to dwell on these moments to the point of major depressive episodes?

As the 25th approached, I happened to have a counseling session scheduled. I've always said, at least since my trauma, that I need at least one rational person in my life to remind me of what is "normal" - or what is not crazy. Generally, this role is served by my therapist and from time to time I have been known to actually listen to her.

On the 24th, she asked me, "What if you choose to behave in a different way from the past? You don't have to do anything "special" just because tomorrow is the 25th. It's no different than today or yesterday or any other day. In fact, tomorrow has no bearing on what happened six years ago, and six years ago has no bearing on tomorrow. They're completely unrelated. You have a choice: you can make tomorrow anyway you want."

Of course, I already know this; I give the same advice myself. But as it is with many things sometimes the advice doesn't seem appropriate, convenient, or applicable in my case. Perhaps I deserve my time to re-suffer the bitterly painful moments of my trauma - at least that's what I tell myself.

As long as I do "celebrate" my traumatic moments, I continue to give energy and identity to the very issues that have plagued me every moment of my life even now, 6 years later.

"But what if she's right?"

"What if I withhold the annual "celebration" just this once, just this one day of 365x6?"

I agreed to give it a try - here is what we had planned:

Con't Page 22

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Ageless Recovery

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

WHAT'S NOT BEEN CANCELLED

Last week I posted on FaceBook — What's Not Been Cancelled, During The Coronavirus Lock Down. The Response was overwhelming and folks added their own spin. I invite you to add to this as well.

What's not Been Cancelled:

- Hope has not been cancelled
- Love has not been cancelled
- Laughter has not been cancelled
- Music has not been cancelled
- Kindness has not been cancelled
- Gratitude has not been cancelled
- Checking on others has not been cancelled
- Recovery has not been cancelled
- Family has not been cancelled
- Friends have not been cancelled
- Spirituality or belief in a higher power has not been cancelled
- Art has not been cancelled
- Joy has not been cancelled
- Smiles have not Been cancelled
- Random Acts of Kindness have not been cancelled
- Charitable Acts have not been cancelled
- Walking outside has not been cancelled
- Service has not been cancelled
- Giving Virtual Hugs has not been cancelled...

Over the past week many of us have experienced family, personal , work and travel plans' radically change. Action packed reflection has become a way of looking at relationships and the ways that we may communicate while maintaining thoughtful consideration and wise deliberation in public spaces.

For me, speaking engagements at Cirque Lodge, Innovations in Recovery & New Found Life were postponed.

The select AARP think tank on Chronic Fraud Victims which I am honored to be a part of was rescheduled to be held via zoom instead of in Washington DC.

A trip planned to Los Angeles which mixed the pleasure of seeing my grandchildren and meeting with team members, clients and colleagues was put on hold as social distancing was recommended. On the other hand, our family foundation like so many is making a charitable effort our effort to see that children who received free or reduced lunches will have food now that schools are closed.

Since some of you have inquired, I am in great health and think of myself as young perhaps 40 or 50 yet alas am of a certain age, 73 to be exact, which the CDC has said to be vulnerable.

Those of you who know me know that I love to work, have the energy of the "energizer Bunny" and thrive on helping individuals and families get the help they need whether it's dealing with a narcissist, a child or young adult that's failed to launch, a college student who has bombed out, a new mom whose in the throws of an addiction, or a 40 something male or female executive whose lives are imploding or a senior who uses alcohol and other drugs to mask the chronic pain of isolation and loss etc .

For information and updates on Coronavirus Disease 2019 (COVID-19), visit the Centers for Disease Control and Prevention (CDC) website, www.cdc.gov/coronavirus/2019-ncov/index.html.

For More information for professionals on how to protect your patients and your practice check out your practice guidelines.

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.



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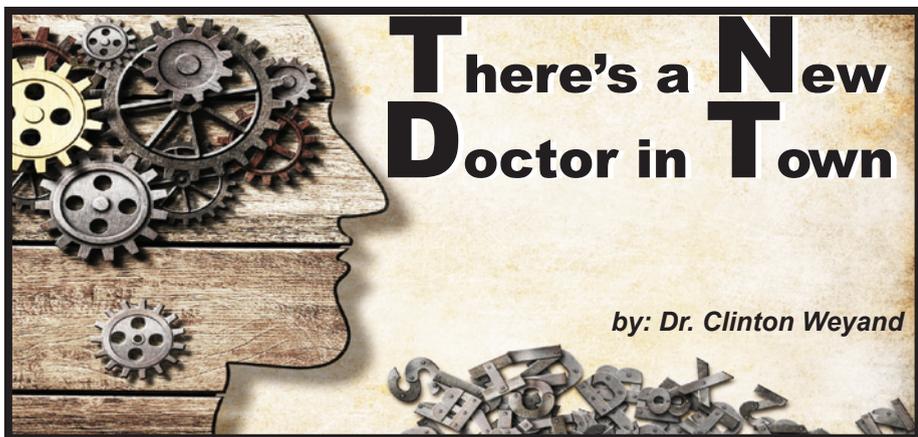
There are many things you can do at home to maintain your healthy glow while we all are "Safer At Home".

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There's a New Doctor in Town

by: Dr. Clinton Weyand

INTIMACY INTO ME I SEE - INTO ME YOU SEE

Intimacy is the gift that binds us to one another. We acknowledge our differences. We sometimes gain strength by seeing that our own hurts, fears, and vulnerabilities are very similar.

Intimacy is not selling yourself or displaying an ego-image of your "best moves". Real intimacy is scary as hell. Our attempts at intimacy also reveal our stage of emotional and spiritual growth. Sharing empathy with another person, our world view is enlarged.

Joy for living depends on our ability to be close and comfortable with others; sharing our grief and our glorious moments. As we progress in recovery we also sense a greater ability and capacity for intimacy. Nurturing close relationships with our "important people", we know we are back on the main track of living.

Moving ahead in recovery, we also become more clear about our personal and interpersonal boundaries. We know the difference between "love addiction", "sexualized relationships", and healthy emotional intimacy. We maintain our self-esteem and boundaries so that our love is strong and healthy. Our awareness has also increased as to when we are emotionally available to others. We can honestly state when we are distracted, or when we are unable to give our full concentration and presence to any friend. Our sensitivity to others is another reward of our commitment to recovery.

Our primary relationship is now with people—not drugs, alcohol, food, gambling, or all the other addictions. We know how to balance intimacy and identity, when to come close and when to move away. We are in the arena of real life, moving away from all the false illusions of an addicted life.

Addiction kept us from being close to the people and the experiences in our lives. It's not that we weren't present, but that our feelings, perceptions, and reactions lacked clarity and sincerity, because our vision was distorted by the chemical that consumed us. In the past, in our loneliness, we have said things we did not sincerely mean, just to please another. Now we're surrounded by men and women at meetings who really know us and share similar stages and are committed to the healthy and human search called recovery.

Vulnerability is another central component of intimacy. Vulnerability is not a weakness; it can be our greatest strength.

The attempt to be invulnerable and "strong" is a false way, is another part of addictive behavior. We get cut off from our feelings and empathy when we engage in a display of pseudo-strength.

To cultivate a temporary and isolated sense of power that is not based on our real strengths and sober characteristics is to set ourselves up for a slip into addictive behavior. For our current crisis, we can keep our spirits up in our honest and real way. Hope and faith can be more contagious than any crisis. Vulnerability gives us the choice of which feelings we want to express, and shows us how we become larger and more courageous and compassionate with every new connection we make.

Emotional intimacy is the ability to live fully and equally in multiple realities and to understand how past, present, and future operate in our lives.

Immaturity is sometimes the false choice of living only in the past or dreaming of a future without doing any of the hard work. Immaturity always beckons, offering a false haven, or softer and easier way to achieve our goals. Maturity can help us make our dream real. Immaturity keeps us stuck in the broken dreams that are never realized. Just Remember - We all Belong To Each Other Thank You for Increasing Our Light.

*Hope is the thing with feathers — that perches in the soul —
and sings the tune without the words — And never stops at all. —Emily Dickinson*

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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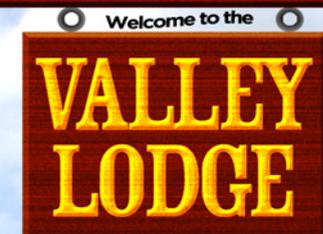
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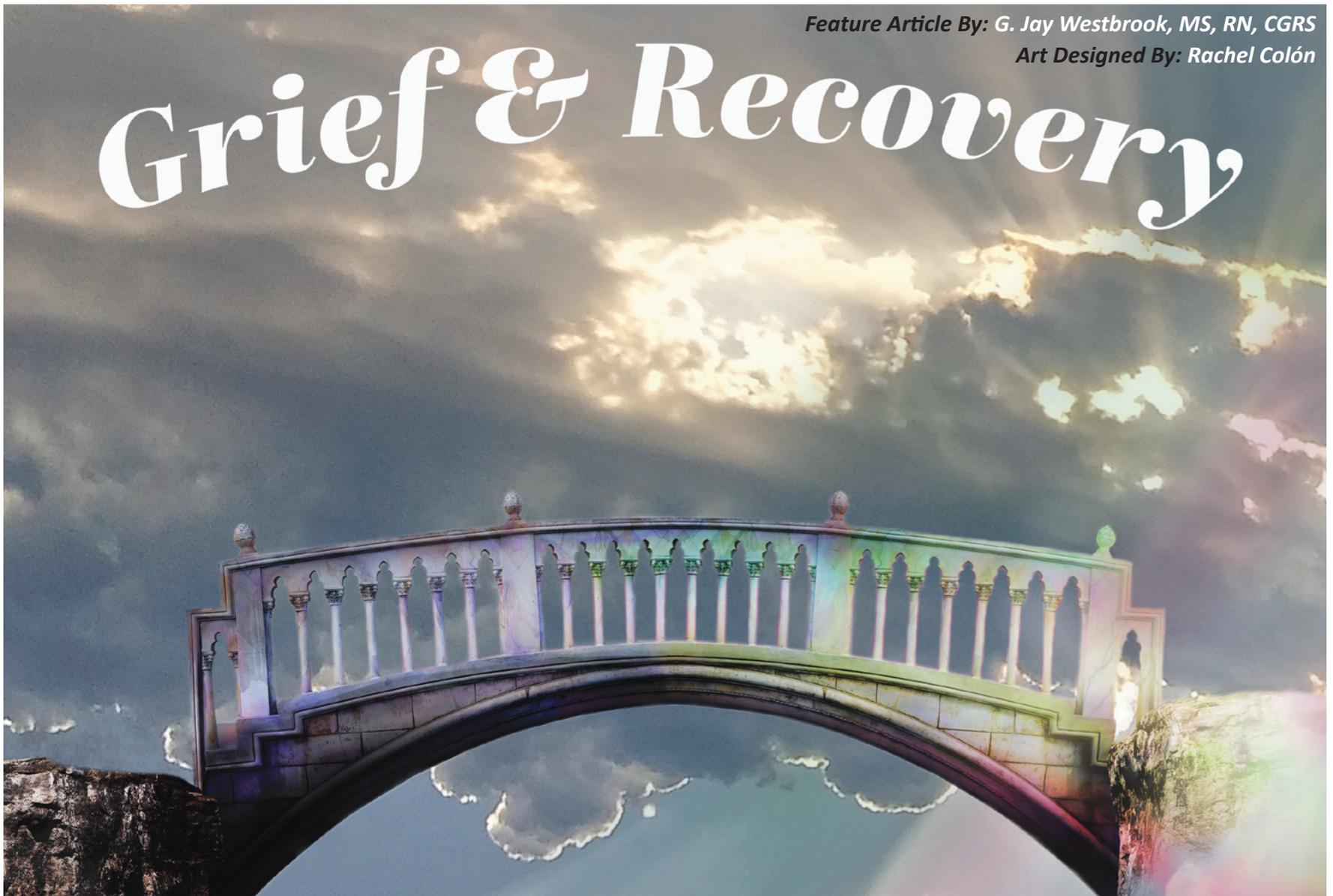


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Grief & Recovery



INTRODUCTION

A middle-aged mother discovers her 19-year-old son dead from an overdose, and crawls into a bottle to drown the pain. Seven years later she arrives at treatment for alcoholism, and is slammed with a tidal wave of grief that the alcohol had kept at bay for seven years – not any more.

A young husband dutifully cares for his wife during her three-year battle with cancer. As the end draws near, he stays with her 24 hours per day at the hospital. One afternoon he goes home to shower and change clothes, and returns to the hospital to find his wife has died - alone, while he was gone. He turns to pills and booze to kill the pain, and stays numb until his family intervenes and sends him to treatment. He awakens the first morning having no idea how to deal with his grief.

A young woman gets some heroin for her best girlfriend, who then overdoses and dies. Intellectually, the young woman thinks “it’s not my fault,” but emotionally she blames herself for the death. Each time she attempts to get clean and sober, the guilt and pain are too much, the voices too loud, and she relapses.

A 20-something veteran is sexually molested as a boy, and survives only through the unconditional love of his puppy. He and his dog remain inseparable until he leaves for the Gulf War. His dog dies two weeks after his return from the war, and he uses cocaine, pot, and pills to avoid his grief. His loving family sends him to treatment, where he can’t stop crying over his dog’s death, and expresses shame over his tears, since “it was only a dog.”

Each of the above stories illustrates the intimate relationship between grief and substance abuse, and the necessity of addressing that grief to assure a successful course of recovery, and to help prevent a grief-related relapse.

DEFINITION OF GRIEF & TYPES OF LOSSES

Grief is simply the normal and natural reaction to loss, whether the loss is death-related or non-death-related. Death-related losses can include missing the person who died, sadness over the state of the relationship at the time of their death, and/or regretting our behavior around the death and funeral (not showing up, showing up and stealing their morphine, showing up and making it about us, etc.).

Non-death-related losses include internal losses, external losses, and the losses of early recovery.

Internal losses are the loss of those specific qualities that used to define or characterize the substance abuser prior to their abuse. These may include loss of dignity, self-respect, hope, faith, trust-worthiness, motivation, self-esteem, and even health and function.

External losses include losses such as loss of a marriage, family, career, license (to practice law, medicine, nursing, to drive, to sell real estate, etc.), home, job, scholarship, opportunity, and other similar losses.

Finally, there are the losses of early sobriety. These include the loss of their best friend – the substance in which they indulged, their “drug of choice,” the loss of lifestyle, i.e., feeling that they’re an outlaw or hip, slick, and cool, and the loss of being able to walk through life without accountability or responsibility, and with a “screw it” attitude.

There is also a loss of identity: if I am no longer the “party girl” or the “dope man,” who am I? I no longer fit with those getting loaded and don’t [yet] feel I’m a part of those 12-Step people.

COSTS OF UNADDRESSED GRIEF

There are multiple costs attached to unaddressed grief. Spiritually, it can separate grievers from themselves, their God, their hope, and their faith or lead them to hate God because of a belief that God has abandoned or is punishing them, or that God “took” the life of a person who has died.

Physically, it suppresses the immune system, saps energy, and can cause grievers to either sleep all the time or not be able to sleep, or to eat all the time (to stuff the feelings) or to not be able to eat at all.

Mentally, it disrupts memory, focus and concentration, leads to dramatic drops in productivity and follow-through, and makes it extremely difficult to get started on new projects.

Emotionally, grief can create numbing, shutting-down, over-reaction, sadness, depression, anger, blame, guilt, and a desperate desire to escape these feelings. Grief also limits one’s ability to open their hearts, embrace vulnerability, and to re-engage with people and life. It is so common to have opposing feelings bouncing back and forth from moment to moment: “Ahh, I wish everyone would just leave me alone” and then just a moment later, “OMG, I feel so alone. Where is everyone?”

Behaviorally, we see grievers engaging in high-risk behaviors, substance abuse, suicide, and self-care deficit.

Finally, grievors feel as though these feelings will never change, and they find themselves adrift, spiraling, and hopeless.

Without addressing these death-related losses and non-death-related losses, it becomes very easy for the newly-recovering addict or alcoholic to choose to self-medicate, and very difficult for them to achieve and maintain sobriety. That sense of being alone must be replaced with a sense of connection and community. The feeling of being adrift must be replaced with a sense of being anchored, first in sobriety, and then through the skilled intervention of a grief specialist, who brings compassion and provides tools for recovery.

TOOLS FOR RECOVERY

The single most effective tool in working with grievors is the Grief Recovery © process, a set of small action steps, through which the griever is led, to attain true completion of the relationship and recovery from the grief. It is not always possible to use this powerful tool in the treatment center, as the client must be clear enough to do the work and stay long enough to participate in the seven weekly one-on-one or eight weekly group sessions the method requires. Among the many arguments for longer lengths of stay in treatment, the ability to complete the Grief Recovery © work is certainly one of the strongest, at least among those treatment centers that make this recovery vehicle available to their clients.

(Grief Recovery© is the single most effective, accessible, rapid, and evidence-based intervention for real completion of the grieved relationship and for meaningful and lasting recovery from one's loss. Anyone interested in becoming trained and certified as a Grief Recovery Specialist should contact the Grief Recovery Institute at www.GriefRecoveryMethod.com for more information.)

That being said, even if it is not possible to take clients through the Grief Recovery© process, those working in recovery can also help clients who are grieving in a number of ways:

First, they can provide a listening ear and a caring heart. Grievors have a great need to tell their story and to be heard.

Second, they can avoid the many well-intentioned but unhelpful platitudes grievors so often hear (she's in a better place; at least he's not suffering anymore; be glad you had her so long; I understand exactly how you feel; God needed her more than you did; only the good die young; big girls don't cry, etc.).

Third, explain that the Stages of Grief (denial, anger, bargaining, depression, acceptance) have been debunked, and really don't exist. Therefore, the griever need not focus on or even think about whether they are grieving "correctly."

Fourth, help the griever understand that the tools most of us have been taught – by our culture and our families – simply do not work. These include: replace the loss, compare the loss, stay busy, grieve alone, just give it time (or "time heals all wounds"), and stay strong for others.

Fifth, provide a non-judgmental opportunity for clients to explore and process their feelings, whatever they might be (self-blame, anger at God, depression, I'm a victim, guilt, anger, vengeance, self-destruction or self-sabotage, hopelessness, pointlessness, futility, apathy, or just the "f***-its"). Remember to remind clients that grief is the most unique of all emotions, and its style, intensity, presentation, and duration will vary tremendously from griever-to-griever.

Sixth, assist clients with ways to reframe their loss (or losses), provide new perspectives on a life without the person or animal who died, lead clients to release their attachment to the story they tell about the person who died, and replace it with a different story – one where, at the least, they are not a victim, and where at the most, they are a hero.

In evaluating and choosing a treatment center, clients and families would be well-served to consider one with an established Grief & Loss program, and with the ability to take longer-stay clients through the powerful Grief Recovery © process. This may not be the sole criterion on which to base a decision, but it should be part of the decision-making process.

A WORD TO TREATMENT CENTERS & SOBER LIVINGS

In a world where almost all clients come to us with significant levels of grief, providing Grief-Informed treatment and offering a Grief & Loss Program can be invaluable to both grieving clients and the facilities in which they access treatment.

This author and his colleague, Calista Anderson (www.LivingBeyondGrief.net) have helped treatment centers and sober livings develop Grief & Loss Programs and empowered them to provide Grief-Informed care, and have found these advantages for those providers:

We find clients more vulnerable & more engaged in their 1:1 therapy after participating in our Grief & Loss groups, and they achieve greater break through insights with their primary therapist.



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Treatment facilities report to us that scores on their Satisfaction Surveys increase after integrating Grief & Loss groups into their treatment milieu or treatment plans.

There are higher success rates [clients who remain clean & sober a specific amount of time] in clients who participate in Grief & Loss groups and/or complete the Grief Recovery process, and this is related to a disruption in the patterns of grief-related substance-abuse and relapse.

Treatment facilities that bonus Grief Recovery to their staff report reductions in burnout, turnover, and compassion fatigue, and tell us those staff members are more comfortable and effective in addressing Grief & Loss in their clients.

Because so few treatment centers have been visionary enough to implement Grief & Loss Programs and Grief-Informed treatment, the marketing team of a facility that has can use those programs to 1) distinguish their treatment center from others, 2) truly help clients, and 3) better engage, assist, and empower families of clients – privately or on your Family Day or Family Weekend.

FINAL WORDS

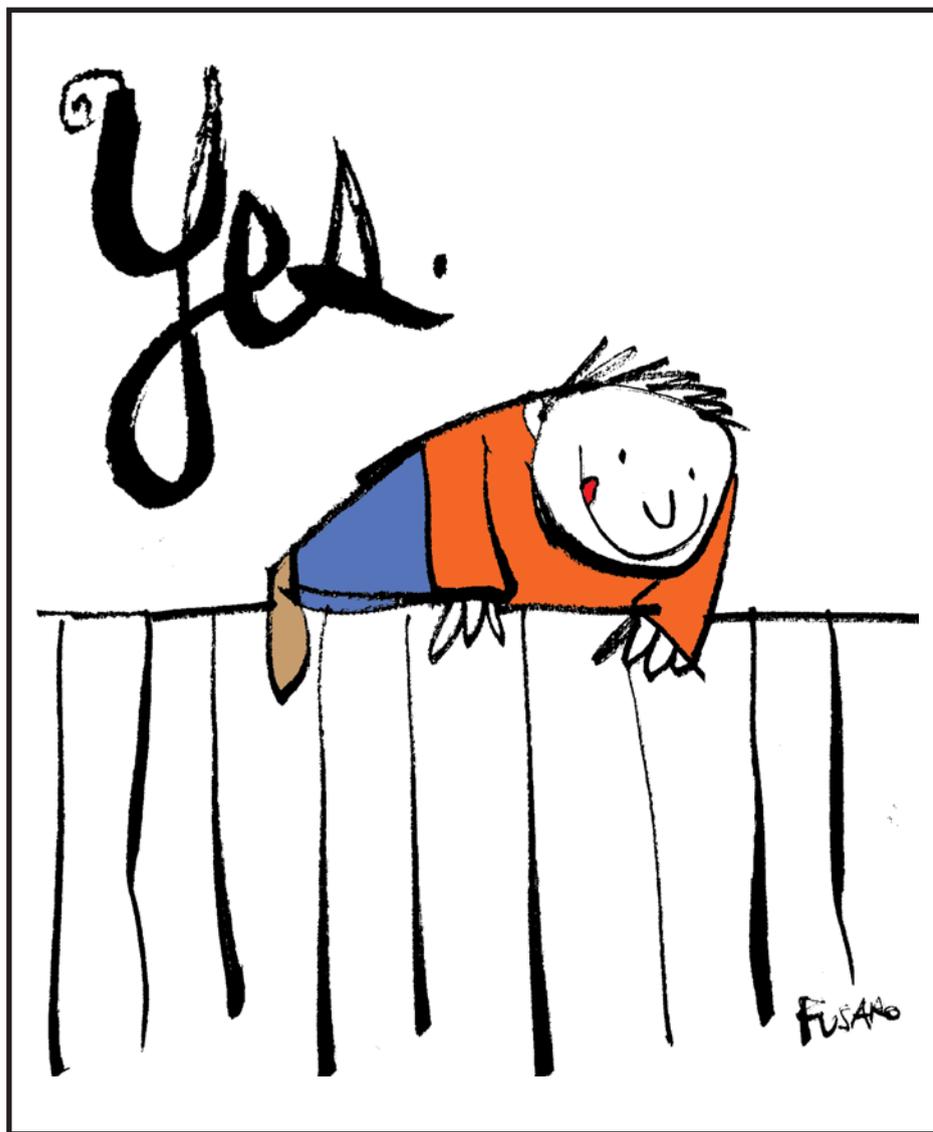
It is my hope that this brief article provided hope for those who are grieving and tools for those in the

recovery community either grieving or working with grievors. It is possible for grieving people to acquire, maintain, and enjoy their sobriety, just as those people whose stories commenced this article were able to do once they were provided tools with which to heal their grief.

Finally, each of the four stories with which this article commenced are true stories, neither made up nor compilations. I am pleased to report that each of the grievors/substance abusers in those stories were able to access grief services in their respective treatment centers, and to stay clean and sober since that experience to the time of this writing. I am grateful to have helped them on that journey, and so proud of their willingness and courage to heal.

G. Jay Westbrook is an award-winning hospice nurse, a best-selling author (Compassionate Journeys: Lessons From My Work With the Dying), a certified Grief Recovery Specialist, and a national keynote speaker on issues surrounding End-of-Life, Pain Management, Grief Recovery, Forgiveness, Suffering, and Compassion. He also works with treatment facilities and sober-livings, training them to provide Grief-Informed care and/or leading their grieving clients through the Grief Recovery process.

Find him at www.CompassionateJourney.com Email him at CompassionateJourney@hotmail.com



SPRING FORWARD

The notion of spring, with its lighthearted freshness and promise of new beginnings, used to fill me with annoyance. I would roll my eyes whenever someone excitedly shared their plans of planting a garden or organizing their closets in an earnest effort to do some “spring cleaning.” I found their enthusiasm for all things positive and bright to be aggravating; anything that promoted good cheer and happiness turned my stomach. Displays of optimism were in direct contrast to the person I had become as a result of my drinking. As an untreated alcoholic, I was a nasty and vicious shell of a woman filled with a darkness so heavy that it covered me like a cloak. My addiction thrived in that darkness. The deep feeling of dread was familiar to me, and I would have nothing to do with a concept as foreign as sunshine.

It wasn't as if I wanted to live the way that I was living, which was having cocaine for breakfast, MDMA for lunch, and whatever I could get my hands on for dinner (including my co-worker's spouse). I didn't exactly enjoy relying upon a pint of vodka to still my nerves and quiet the chaotic committee that constantly chattered between my ears. But that was all I knew. For as long as I remember, I have been filled with profound feelings of fear, shame, and despair. I constantly carried a sense of impending doom and gloom within me that was apparent in how I carried myself. I was obnoxious, inappropriate, and thoroughly unpredictable. My temper worsened as my drug addiction progressed, and I found it to be easier to express myself through force and intimidation rather than the practical use of verbal communication. In short, I was a hot mess – both inside and out – and it showed.

In Chapter One of the Big Book of “Alcoholics Anonymous,” Bill Wilson (the co-founder of A.A.) explained that, “An alcoholic in his cups is an unlovely creature,” and I can fully attest to this statement. I was an unlovely creature, indeed, as I walked around with a proverbial monkey on my back, a boulder-sized chip on my shoulder, and a God-sized void in the very pit of my stomach. All these years later, I still cringe when I reflect upon this belligerent, strung-out version of myself, but my grimace is always followed by a rueful little smile. It has taken a considerable amount of time, but through 12 step participation, a host of trauma therapy, and an abundance of spiritual development, I have finally learned how to be gentle with myself. As Maya Angelou said, “When you know better, you do better,” and back then I simply did not know.

How dark it is before the dawn! Those are the exact words that Bill Wilson, the co-founder of Alcoholics Anonymous, chose to describe his eventual ascent into sobriety. I find that phrase to be particularly poignant in light of the subject matter. When I first read that, I felt it on a personal level because for me, it got very dark in my dis-ease. Undoubtedly, my life was in a state of emergency when I finally crawled into rehab twelve years ago, fresh out of ideas but chock full of willingness. Fortunately for me, A.A. just so happens to be one of the only places you can go where the worst off you are when you get there, the better your chances are for recovery. Considering the condition of my life at the time, this was excellent news.

In early sobriety, I heard an old-timer share at a meeting that when you get sober, there's really only one thing you need to change. All of us newcomers perked up and craned to hear what that “one thing” was, as we were still looking for the easier, softer way. After pausing for effect, and seeing that he had captured our attention, the man grinned widely and said: “Everything.” We let out a collective groan in response, as that was definitely not the answer we were looking for. Regardless of our reception, however, that answer held the key to our recovery.

I've been clean and sober for over ten years now, and I am fond of saying that my road to happy destiny has consisted not just of learning new things, but unlearning a lot of old things (in other words – changing everything). A lot of my old outlooks and ideas needed to be cast aside in order to let the sunlight of the Spirit flow in and overcome the darkness in my soul. The Bible talks about how you cannot serve two masters, and how darkness and lightness cannot coexist. I am grateful to say that through the grace of God, I no longer frequent dark alleys but instead stroll on the sunny side of the street.

Con't Page 22

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PUT YOUR RECOVERY FIRST WHILE LIVING LIFE

"Don't Just Live In Recovery, Maintain Your Recovery While Living LIFE!" Now that spring is here, many will get outdoors, start planning vacations, and LIVE LIFE while maintaining our recovery from addictions. So, how do you still put your recovery first? Especially those in early-stage recovery?

See, there was a time I could never do that. When I was still active in my gambling addiction, it seemed even in spring, summer, or vacation time, I had to have some form of "gambling" option planned or nearby. How sick is that? It made me begin to think.

How do others in recovery from addiction put their recovery first with a balanced healthy lifestyle? In my early recovery and part of my treatment plan and after-care, I needed to learn HOW to make changes to begin living a life away from gambling and replace it with better hobbies and interests. As it seemed, the longer I maintained my recovery, I started feeling and seeing my recovery go through phases.

When I began to live life again while keeping mindful of my recovery journey, I began enjoying the hobbies and interests I had before addiction, like reading, rafting, and working in my flower garden. I also began to write again! See, we don't "LIVE IN Recovery; we "LIVE LIFE while maintaining it".

I hear too many people who are in 12-Step recovery programs, say that they only have friends within the program and leave all other friends behind, or only do the 12-step program activities. That, to me, is not living a well-balanced recovery lifestyle. And some of those slogans, never made much sense to me. "Meetings Make It!", not alone they don't. I need to do the 12-steps and the work maintaining recovery and a whole lot more. Only attending meetings is NOT going to keep me Bet Free, Clean, and Sober.

As you might know I love reading recovery news and magazines and I came across a fantastic article written about these topics and concerns that actually make some of my points. "Begin to put your recovery first and learn to have a balanced lifestyle", and this article from "The Hazelden Betty Ford Foundation". I'll share some highlights. If you like you can read the full article at: www.hazelden.org.

"Build your lifestyle around your recovery, not your recovery around your lifestyle! For many addicts of all addictions, our lifestyle may block our recovery. It is easy to see a problem when we have a terrible lifestyle: living with an abusive partner, hanging out with drug-dealing and drug-seeking friends, or going to bars or casinos to gamble with old friends or to prove that we can have a soft drink among all that alcohol.

Counselors and sponsors tell us that we must leave behind all negative influences and to make recovery our highest priority and put recovery first. But that doesn't mean all your family, friends, job, and more. Mostly just the negative influences. Yes, healing and mindful recovery have to come first, and yes, ahead of wife, kids, job, and other relationships that we treasure. Part of this decision is practical. If we put recovery in second (or lower) place, we will eventually lose our recovery, as well as whatever it was we put in first place.

There is also another way that lifestyle can interfere with recovery. Our mistake is taking a good, attractive lifestyle in recovery making it the center of our lives. We require our treatment and recovery goals to "fit into" our lifestyle, and not disrupt it. The more attractive our lifestyle, the more likely we are to COMPROMISE our recovery in search of a pleasant and comfortable way of life.

Yes, it is a fine line and how complacency can sneak in. If our lifestyle is healthy, comfortable and well-rounded, we take that as a "given" fact of life and then try to accommodate our recovery without disrupting all that's pleasurable about life. In treatment, this shows up as an unwillingness to spend more than 28 days working on our recovery full time. Patients frequently say they'd love to have additional time here, but something about the home or workplace demands the highest priority instead. Many professionals, such as doctors and lawyers, feel that they must return to their professional practice right away. Managers and directors swear that their companies could not live without them, and so the patients must get right back to work. BIG Mistake."

I feel the same as stated in this article! In early-stage recovery your recovery must come FIRST. As you begin to learn more, and you gain some balance and live life again free of addiction, you will see recovery waves and phases. Recovery is important, and can be maintained like any other disease, while living a healthy balanced lifestyle and as you finally "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, Facing Addiction.org and Heroes in Recovery.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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Online/Digital Recovery Support Resources

Since many meetings have had to close their doors for safety reasons during this "safer at home," shutdown, many recovering individuals have been left alone and unsure of where to turn. Keys to Recovery Newspaper thought we should list some options for online meetings.

Our collected experience suggests that groups that are unable to meet at their usual meeting places have begun to meet digitally. Below is some shared experience around meeting online.

A.A. does not endorse any specific way to meet as a group digitally. Each group must decide what works best for their needs. You can visit the following providers to get more information on how to use their platforms to set up an online meeting. There are many options for converting to audio/video or phone meetings. See below platforms groups have shared:

Google Hangouts/Meet • Zoom • Free Conference Call/ For more information on other online platforms visit: G2.com

Getting additional help : You may be able to request additional help and guidance on this topic by reaching out to your local A.A. office, technology committees, or the online Technology in A.A. forum.

For more information on anonymity please see: Understanding Anonymity at https://www.aa.org/pages/en_US/options-for-meeting-online. For more information on passing the digital basket please see: https://www.aa.org/pages/en_US/options-for-meeting-online Winter 2017 Box 459 p. 3 "Passing the Digital Basket"

Many online meetings are setting up ways to continue to give digitally. With AA meetings shut down internationally Our World Services Office and local Central Offices are going to need your support more than ever.

Online meetings are new to some of us and we will learn from those who have gone before us. If you have any tips you want to share you can email us at info@keystorecoverynewspaper.com.

Some Additional Online 12-Step Meetings can be found here:

- Gamblers Anonymous - www.gamblersanonymous.org/ga/locations
- Al-Anon - www.al-anon.org/al-anon-meetings/
- Overeaters Anonymous - www.oa.org/

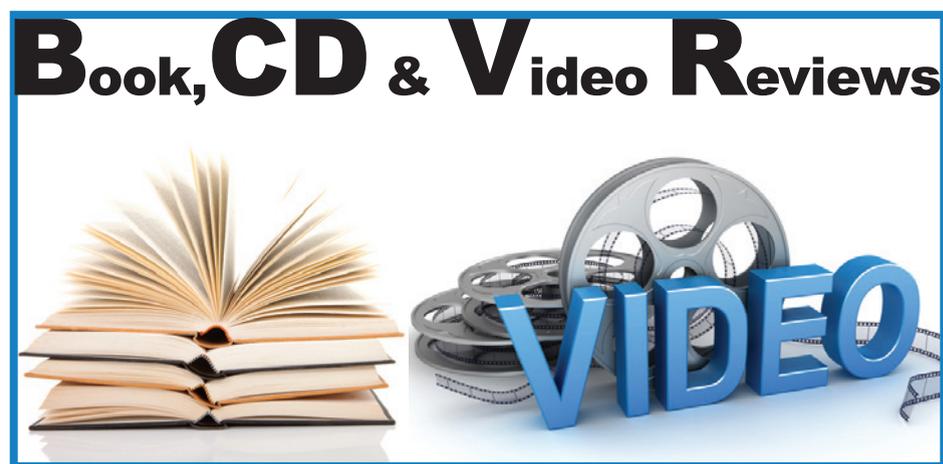
To find local meetings and events all year long call

Alcoholics Anonymous
San Fernando Valley Central Office

Telephone: 818-988-3001

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

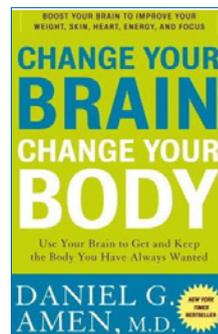
VOLUNTEERS ARE ALWAYS NEEDED



CHANGE YOUR BRAIN CHANGE YOUR BODY, Use your brain to get and keep the body you have always wanted. Written by Dr. Daniel G Amen. Published by Three Rivers Press in New York.

This book shows us that there is hope for everyone and is filled with fascinating scientific proof that our thoughts directly affect our physical, mental and spiritual lives. Thoughts release a chemical reaction that is directly linked to our deep limbic system, the part of our brain that allows us to experience and express emotion. Dr. Amen uses imaging technology; actually showing pictures of brains with different emotional/chemical imbalances and compares these pictures to a picture of a healthy brain. Showing these images to teens really can make an impression and could be the thing that sets them thinking and turns them in the right direction. These brain pictures show the results our thoughts have on our bodies when we experience depression and anxiety. Dr. Amen has named our "Automatic Negative Thoughts" ANTS. These ANTS don't always tell the truth and just like at a picnic, they multiply quickly and can take over. Our brains don't know we are being lied to.

This book gives solid evidence that problems like depression, aggression, ADD and Alzheimer's are physically based. The changes in patient's brains before and after treatment are phenomenal. We learned that even minor bumps to the head can change a person's personalities and ability to learn. Dr. Amen shows pictures of brains with little or no activity in areas that have been injured, mirroring the patient's emotional or intellectual difficulties. Dr. Amen believes that people can benefit from learning new skills and ways of looking at life, but some people are stuck because their brain activity keeps them stuck. This is where medicine can help them put the communication and coping skills they have learned into use. It is easy to read, moving and very helpful. Available at Amazon.com.

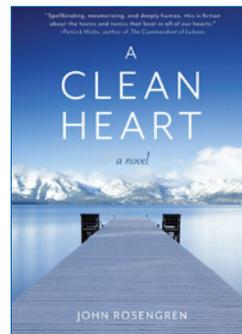


A CLEAN HEART: A Novel. Written by John Rosengren. Published by Mango Publishing.

A Novel of Redemption from Addiction and a Broken Family. Carter Kirchner struggles to stay sane and sober as a counselor at Six West, an adolescent drug treatment center run by Sister Mary Xavier, a hard-drinking nun with an MBA. The young Kirchner is caught between Sister Mary's plan to rescue the center by reforming a hard-case kid and the dysfunctional staff's clumsy plan to intervene on their boss's drinking. Meanwhile, Carter's mother—who never forgave him for giving up a promising hockey career to treat his own addiction—lands in the hospital with an advanced case of cirrhosis. Before Carter can help the young addict commissioned to his care or safely navigate the staff's dysfunctional intervention effort, he must rescue himself from his family's broken past.

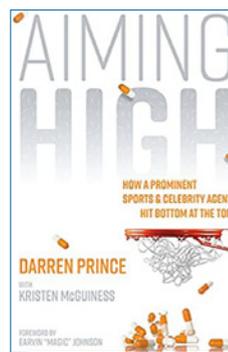
A Clean Heart is a novel by John Rosengren, a writer and recent nominee for a Pulitzer Prize who knows addiction. He went through treatment at age 17 and has been clean and sober since 1981. He also worked in adolescent treatment centers when he was younger. John Rosengren's articles have appeared in more than 100 publications, including The Atlantic, New Yorker, Reader's Digest, Sports Illustrated, and Utne Reader.

It was like reading one of my favorite Dean Koontz books, but the evil in this book was the disease of alcoholism and drug addiction. And it has a happy (ish) ending, that I am sure Koontz would love. I give this book, FIVE STARS. Pre-Orders Available at Amazon.com.



AIMING HIGH: How a Prominent Sports & Celebrity Agent Hit Bottom at The Top. Written by Darren Prince with Kristen McGuinness and Forwarded by Earvin "Magic" Johnson. Published by Light Hustler.

Darren Prince was one of those very rare individuals, who did not allow fame and 25 years of incredible success to cloud his judgement of others. He exemplified what a successful Sport and Celebrity Agent should always be, that is one who puts his clients first before himself. We can be extraordinary in some of our behavioral attributes, but yet there lies underneath at times an "Achilles' Heel, a chink in One's Armor" sort of speak. Darren's weakness came in the form of addiction, the lifestyle that accompanied Darren had an air of allure, which was intoxicating in numerous forms. With the same determination that was his trademark throughout the industry, Darren applied that tenacity towards his recovery. This is a must read for us all, who believe that having certain privileges (wealth, prestige) in life excludes them from becoming entangled in drugs and alcohol addictions. This couldn't be further from the truth, as we can see in Darren's case. Through perseverance acquired through his upbringing, Darren was able to successfully apply the 12-Steps and its principles to become a guiding light for so many. I am thankful to be able to read and review this extraordinary life story, of a sober man's plight to become one that will be in the history books for those searching for solutions. I give this book 5 stars. Available at Amazon.com.



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

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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.

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.

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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 Out-patient, 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.

NEW BEGINNINGS Recovery & Supportive Housing LLC: Our mission is to provide a positive nurturing, safe & clean environment, free from drugs and alcohol. Beds available immediately \$575 per month. Prayer Changes Everything. Office (323) 580-6704 ext. 402, Sabrina Rodriguez (323) 580-6703 ext. 403, Casey Morris (310) 738-8837. 905 & 907 East 8th St., Los Angeles, CA 90002. email: newbeginnings88th@outlook.com

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. available at time of move in. Call or text (424) 239-9290. www.themoorparkhousesoberliving.com

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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 more-mail your information to: info@KeystoRecoveryNewspaper.com or call us at (818) 386-8400.

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

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

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

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

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

For more information visit
www.KeysToRecoveryNewspaper.com

DISTRIBUTION INFORMATION:

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

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

*Recovery Conventions & Conferences,
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*From the most prestigious neighborhoods
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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) 297-6112, 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.

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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.

Jenese Center www.jenese.org (323) 299-9496.

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

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

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

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

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

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

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 & Transwomen, 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

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Years ago, I had to travel over one thousand miles from my hometown of Austin, Texas, to meet others with trauma who 'got it' in a PTSD-specific treatment program.

While sharing apps with friends at a restaurant might not be an option right now, connecting over mobile apps might be. With our smart phones, we can quite literally keep recovery in our pocket.

Recovery in Your Pocket with Mobile Apps

• **Recovery Record** – Based in evidence, Recovery Record enables those with eating disorders to connect, not only with others, who 'get it,' but also with treatment professionals. You can even take a picture of your plate and send it to your dietitian.

• **Recovery Warriors** – In addition to the Rise Up + Recover mobile app, Recovery Warriors host a plethora of online classes and ways to connect, including book groups.

• **Social Media** – Social media platforms sometimes get a bad rap. But, right now, pro-recovery social media pages can be essential tools Consider starting your own recovery community using private groups.

Maintaining recovery on an average day can seem like an impossible feat. Keeping it together during a worldwide pandemic might seem infinitely impossible.

On the morning of September 11, 2001, Ed tried to pull me deeper into his abyss of misery as unspeakable tragedy overtook our country. Gratefully, with the help of my treatment team, I came to see Ed's tactics. With the help of my recovery friends who held my hope when I couldn't, I took action. All connected, we fueled each other's stick-to-it-iveness.

Nearly two decades later, I am fully recovered from my eating disorder and so are many of my friends. In 2001, my phone was not 'smart,' but gratefully, our collective mind was smarter than Ed. Today, my phone's IQ has shot up, and, in spite of everything, we do still have each other.

A lot seems impossible—until we do it. And we do the impossible all of the time.

A Senior Fellow with The Meadows and advocate for its specialty eating disorders program, The Meadows Ranch, Jenni Schaefer is a bestselling author and sought-after speaker. For more information: www.JenniSchaefer.com

Jenni Schaefer took a break from writing our monthly "Food For Thought Column", to write her newest book. Welcome back Jenni. We can't wait to read your book once it is released.



Instead of waiting hopelessly for the 25th to arrive and then suffer through another eventless day haunted with distant dark memories I was going to choose in advance (the 24th) how the day was going to go. That's what I did! I designed a day that had no room and no energy to offer to the spirits of the past.

The day was to be filled with good thoughts and positive activities as well as a celebration of the birth of my mother rather than the remembrance of the temporary death of my son.

The results were as predictable as they were amazing. Because I left no room for suffering there was none and because there was a joyful focus - my mom - there was actually positivity laced through what would otherwise be a very painful 24 hours. We are often reminded that we have the freedom to choose and we do. We only need to exercise the freedom actively across all of our options - the good and the not-so-good; and if we want to be "happy" we need to choose the options that will lead to "happy" and (as importantly) away from miserable.

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.



We would love to share one of our favorite writings with you. You have been telling people that this is the Eleventh Hour, now you must go back and tell the people that this is The Hour. And there are things to be considered...

- Where are you living?
- What are you doing?
- What are your relationships?
- Are you in right relation?
- Where is your water?
- Know your garden.
- It is time to speak your truth.
- Create your community.
- Be good to each other.
- And do not look outside yourself for your leader.

Then he clasped his hands together, smiled, and said, "This could be a good time! There is a river flowing now very fast. It is so great and swift that there are those who will be afraid. They will try to hold on to the shore. They will feel they are being torn apart and will suffer greatly. Know the river has its destination. The elders say we must let go of the shore, push off into the middle of the river, keep our eyes open, and our heads above the water.

And I say, see who is in there with you and celebrate. At this time in history, we are to take nothing personally, least of all ourselves. For the moment that we do, our spiritual growth and journey come to a halt.

The time of the lone wolf is over. Gather yourselves! Banish the word 'struggle' from your attitude and your vocabulary. All that we do now must be done in a sacred manner, and in celebration.

We are the ones we've been waiting for. -Hopi Elders' Prophecy, June 8, 2000

WE TRULY ARE THE ONES WE HAVE BEEN WAITING FOR! AND WE ARE ALL IN THIS TOGETHER.

Our love and prayers are with everyone during this time of transition
Love, Kelly and Rudy Castro

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/family/friend, or a couple looking to develop deeper levels of intimacy, they are here to help guide you.



Today, I am a bit embarrassed to report that I am now one of those positive, happy, and eternally optimistic people that used to irk me to no end. I am cheerful almost to a fault – I'm everyone's cheerleader, encourager, sympathizer, and big sister. I began working as a clinical therapist shortly after receiving my master's degree in counseling psychology, and I flourish in this role as I have dedicated the rest of my life to being the person I needed when I was younger. Today, I am honored to be a person who brings sunshine wherever she goes – regardless of the weather – and I earnestly look forward to each new day and season with hopeful anticipation.

"You know a flower that grows in the ghetto knows more about survival than the one from fresh meadows it's got love for the sun – that's where I'm comin' from!"
Talib Kweli, "Love Language"

K.P. Hadley holds a master's degree in counseling psychology and offers therapeutic services to Ken Seeley Communities in Palms Springs, CA. She is a proud native of Chicago, IL and is a master's level addictions specialist in the state of California. K.P. Hadley's debut novel, Mixed Nuts the Memoir, is now available at Amazon.com in both paperback and electronic versions. Please send businesses inquiries to mixednutsthememoir@gmail.com.

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