

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

June 2021

KEYS TO RECOVERY NEWSPAPER, INC.



What's the Inside Got To
Do With The Outside?

Page 4

Connecting
The Dots

Page 6

Courage
& Grace

Page 8



This will be the **LAST PRINTED** Issue of
Keys to Recovery Newspaper

PLEASE SEE PAGE 12 FOR MORE INFORMATION

www.PAXHouseRecovery.com



Pax is the Latin word for peace, referring to a time in history marked by absence of war. In recovery we surrender to end our addiction battle.



Now Accepting Medi-Cal

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



Call Now (626) 398-3897



www.PAXHouseRecovery.com

Contents

Editors Column	Page 3	M & J Marshall
Grace Lost and Found	Page 4	Mary Cook
Sunlight of the Spirit	Page 6	Darrell Fusaro
Quit to Win	Page 8	Catherine Townsend-Lyon
Freedom From Bondage	Page 10	Edward Figueroa
Food For Thought	Page 11	Annie Kuni
Still Dying For a Drink	Page 12-13	
The Journey Continues	Page 14	Leslie Gold
Ask Doctor Nita	Page 15	Dr. Nita Vallens
Healing the Family	Page 15	Randy Boyd
Hope Is Everything	Page 16	Lang Martinez
Book, CD, Video Reviews	Page 16	The Crew
Provider Directory	Page 17	
Classified Ads	Page 18	
Advertising Information	Page 19	
Resource Guide	Page 20-21	

Contributors

Jeannie Marshall: President, Cofounder, Publisher & Editor

Marcus Marshall: Vice President, Cofounder, Publisher & Editor

Staff Photographer: Shalimar Cambria

Graphic Designer: J Marshall

Outreach Director: Peggy Salazar

Social Media: Dominique LaFargue

Cofounder: Beth Dewey-Stern

Editorial Contributors: Marcus & Jeannie Marshall

• Peggy Salazar • Mary Cook, MA, C.A.O.D.C. • Darrell Fusaro

• Catherine Townsend-Lyon • Edward Figueroa

• Annie Kuni, LMFT • Leslie Gold • Dr. Nita Vallens • Randy Boyd

• Lang Martinez

About Us

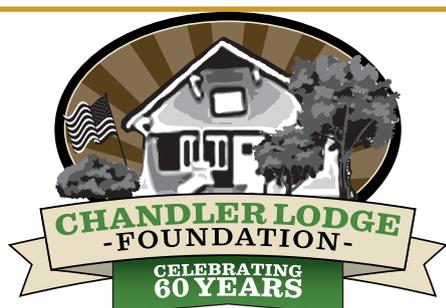
Provider Directory - page 17

Advertising Rates - page 19

Distribution Information - page 19

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

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



Providing 12-Step Based Sober Living for Men Since 1960

Call us today! **818-766-4534**



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



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

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

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



www.ChandlerLodge.org • 818-766-4534



I can't believe that we are preparing for our last PRINTED issue of **Keys to Recovery Newspaper**. In 2013 three sober friends had an idea that became a dream, to help get the message of recovery to as many people as possible. That dream became a mission and a purpose in October of that same year. It would be another full year before we published and printed our first issue, with the same front cover that we have on this last issue. Eight years later we are ending the printed version. I write this with a grateful, happy, heavy heart.

Keys to Recovery will still be available online. However, in the beginning, we wanted to get the message of recovery to those who didn't have access to the internet, we printed a version without any binding so that it could go into prisons. We did not know how much our newspaper was needed. We have been overwhelmed with countless letters requesting free copies to be sent to prisoners, who wanted to know more about recovery. And those who were in recovery, who said our newspaper was like going to a meeting. We will continue to support those in prison with letters and recovery resources. Marcus answers each and every prisoner who writes to us, and will continue to do so.

We said in the beginning that if we helped just one person, that would be enough. We had no idea that we would reach so many people around the world from all walks of life. As my friend Carrie says, "From Yale to Jail". We have had some of today's top experts writing columns on recovery from all types of addictions and disorders, as well as newcomers to the recovery world. We have been blessed with unending support from advertisers, friends, writers, institutions, readers, and family. Thank you for believing in our dream, and helping us to carry the message of recovery in print. We give all the glory to God, who turned our mess into our message, to those still suffering. As I said, **Keys to Recovery** will still be available online, along with so many others who share our purpose, and are fighting the good fight of shining light into the darkness of addiction. Thank you & God bless you! - **Jeannie Marshall, President & Co-founder**

Hello to one and all, we truly appreciate you for reading our editor's columns. This month's column is written with bittersweet emotions, as this is our last printed version of **Keys to Recovery Newspaper, Inc.** We have had the blessing of accumulating some of the most loving, informed, compassionate, intelligent, and insightful writers in the recovery community. We have also been given the opportunity to have some of the most honest, responsible, supportive, and sincere caregivers, which we have had the pleasure to advertise in **Keys** for the entire eight years. We truly appreciate Beth Stern, for being very instrumental in helping to establish us during the first few years, before she moved on to other endeavors.

Our recovery newspaper has been an extremely large part of my recovery experience; we started back at the end of 2013, a year and a half after I started my sobriety. Jeannie and I know that our road of recovery will be lined with more opportunities, to help the helpless, bring hope to the hopeless, and share our love for God and service with others. The growth that I have received through helping to convey the fundamentals of the 12 Steps, and it's Principals through our newspaper, has been incredibly rewarding and fulfilling.

I have been so very blessed to have such a God-loving and compassionate wife, who is the epitome of the meaning of putting others first. Jeannie has been an example for me since I started venturing down the road of recovery. We wanted to be insightful through our columns, and supportive through our advertising. There is so much hurt throughout the world, and we wanted through **Keys to Recovery Newspaper** to help bridge some of those gaps, and disparities in the recovery communities. Although we will not be sending our newspaper any longer to those that are incarcerated, we will work with them on a more personal level.

If I could take only one destructive common denominator from everything, which I have learned in the last ten years, it would be that WE are our worst enemy. We all have a natural inborn characteristic, the Keys to Recovery individually lies deep within each of us. When we use those Keys to unlock and free ourselves from the bondage of addiction, poverty, hate, prejudice, racism, and others, then all of the knowledge, experience, and suffering that one has accumulated, can change those bad behaviors. Making the decision to act upon them is what truly determine one's outcome. It has been a true pleasure being able to share my thoughts, perspectives, perceptions, and beliefs in our humanity with all of you. I sincerely hope that each and every one of you will have a very safe, enjoyable, and long sober life! May God always keep every one of us, in His arms of protection.- **Marcus Marshall, Vice President & Co-founder**



www.WestValleyDetox.com

Where
every life is
celebrated!



West Valley Detox is a 6 bed I.M.S. Residential Treatment Center within a beautiful home in Tarzana, California.



Our services provide every client with individualized wrap around care from admission to discharge.



- Incidental Medical Services
- Treatment Informed Care
- PPO Insurance Accepted
- Quiet Neighborhood
- TV in Each Room
- Pool

The emphasis at West Valley Detox is to assure every client is provided with the treatment, support, and resources required to succeed in their recovery journey.

Call now **818.302.0036**

Most PPO's Accepted, Cash Pay Sliding Scale

Fully Licensed and Accredited



NATIONAL ASSOCIATION
OF
ADDITION TREATMENT PROVIDERS

www.WestValleyDetox.com

THERAPIST



Mercedes Cusick · LMFT
THERAPY SERVICES

ADDICTION
TRAUMA
EMDR
SELF-ESTEEM



CALL TODAY 818 425-9337

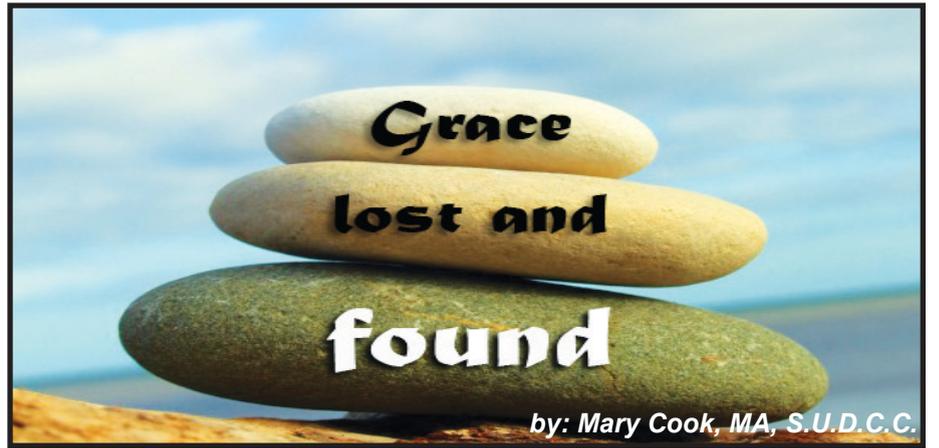
www.mercedescusick.com

@recoverhealbloom

mercedesLMFT@mercedescusick.com

Lic #118720 | Woodland Hills

THANK YOU JEANNIE AND
MARCUS FOR BRINGING HOPE AND
RECOVERY FOR ALL OF THESE YEARS



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

WHAT'S THE INSIDE GOT TO DO WITH THE OUTSIDE?

Externalizing is a defense that is overused in addictions and compulsions. It means when we feel something painful internally, we look for an outside fix or focus. Sex, drugs, food, shopping, and gambling are common examples of fixes. They offer the temporary illusion of love, protection, pleasure, power, and excitement, and they dull or numb the conscious awareness of pain and stress. Additionally, when we are uncomfortable with self-examination and acknowledging our own feelings, we frequently create external conditions that mirror our internal battles.

We may be very angry with ourselves and initiate arguments with others, so as to focus on other people rather than ourselves. We could feel chaotic, disorganized, and messy inwardly, and attract people and situations into our lives that reflect the same. This allows us to deny or minimize our inner state and imagine that our problem is external. We can obsess over someone else's messiness. When we are struggling between our will and our higher purpose, or between supporting or sabotaging ourselves, this conflict can manifest in external people and situations. We will then focus on the outside disagreement as the source of our confusion. If we have a fear of airplanes and on our next flight, we sit next to someone with a greater fear of flying, we may well find ourselves comforting and reassuring this person. If we're having a day full of pain and depression and we reach out to help others, our own discomfort seems to diminish or disappear entirely.

As with any defense mechanism there is a proper time and place for externalizing. Often when addicts enter treatment, their focus is not on finding solutions for their active addiction (the internal problem), but rather on maintaining a license, regaining custody of children, avoiding incarceration, divorce, homelessness, etc. Our actions, feelings and thoughts have a primary role in determining the outcome of experiences. Yet we commonly believe that the symptoms and consequences of these things are the source of problems. When defenses are used temporarily and/or when we have no awareness of more direct tools, they may well serve our best interest at the time. If however, we use defenses for problem resolution beyond the point of necessity, or following the acquisition of additional abilities and maturity, then we need to evaluate their possible misuse. The hope for addicts who begin recovery with external motivation and focus, for example, is that they ultimately redirect their focus to the core problem inside.

We change actions first in recovery because feelings and thoughts take a longer time to transform. This is the correct beginning because negative behaviors concretize negative thoughts and feelings. Abstinence from negative actions thus fails to make them real. This eventually gives us the opportunity to see them for what they really are; attempts to repeat familiar scenarios to try and protect us from potential harm. They originate from a time when we have no other tools or insight to cope with stress, except defending or offending behaviors.

Just observing negative thoughts without holding onto them or pushing them away, allows their energy to dissipate. Calm, non-judgmental reflection also affords us an opportunity to better understand our thoughts and feelings, and their transient nature. Finally, this technique demonstrates that we are much greater than any thoughts or feelings. We do not need to fear or empower them to determine what we do or say. Taking appropriate action despite whatever internal or external circumstances arise means we no longer need to maintain the energy and tension from past negative experiences, nor attract more negativity by imagining similar episodes. This then allows us to be increasingly receptive to spiritual assistance since significant or chronic negativity interferes with our ability to commune with our higher power.

The greater value we place on the outside over inside life, the more we compromise courage, emotional maturity, identity development, self-esteem, stability, and understanding. Whether negative or positive, all that we focus on and have strong feelings about in our outside life is somewhere inside us. Recovery is a time to examine our actions, feelings, and thoughts to ascertain what supports and what imperils our highest purpose.

Con't Page 22



CALL TODAY
(866) 696-5594
 OR VISIT OUR WEBSITE
www.Tarzanatc.org

Are you or a loved one suffering from Substance Use or Mental Health Disorders? We can get you the HELP you need NOW!

Tarzana Treatment Centers have been helping individuals and families recover for almost 50 years.



INTEGRATED HEALTHCARE

We provide whole-person healthcare through our integrated programs of primary medical and behavioral healthcare.

Compassionate, Professional Healthcare

LIST OF SERVICES:

- Inpatient Psych (Voluntary) – Stabilization
- Medical Detox (alcohol, opiates, and benzo's)
- IOP (Psych & SUD)
- Residential (Youth & Adults)
- Opiate Treatment Program
- Narcotic Treatment Program

- MAT Program for Relapse Prevention (Naltrexone, Vivitrol, Bup, Methadone)
- Individual Counseling (Psych & SUD)
- Group Counseling (Psych & SUD)
- 12-Step Approach
- Motivational Interviewing
- Case management



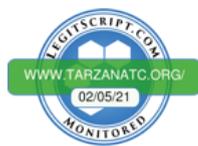
WE ARE NOW ACCEPTING NEW PATIENTS

We are fully licensed in California and accredited by The Joint Commission (formerly JCAHO).

For information visit our website, or visit one of our locations in Southern California: Tarzana (Main Location), Reseda, Northridge, Woodland Hills, Long Beach, Lancaster, and Palmdale.

We also provide service in the Santa Clarita Valley and other surrounding cities.

We Accept Private Insurance, Private Pay, Medicare, and Medi-Cal.



CALL TODAY
(866) 696-5594
 OR VISIT OUR WEBSITE
www.Tarzanatc.org



Advanced Therapeutic Services

www.ats-iop.com

Call Now:
760.322.1777



Dear Community

Currently we find ourselves in the midst of challenges we have never faced before. Now, more than ever, we see the beauty and strength of community and connection. During this critical time of post-pandemic recovery, ATS continues to provide substance abuse and behavioral health treatment. We are considered an essential business and continue to take all safety precautions and remain compliant with COVID 19 California mandates. In addition to being open physically, we have also expanded our services to include tele-health.

Stay in the light,
Josie and Jim Herndon

On-site and Telehealth Services

- Individual Therapy
- Medication Assisted Treatment/ MAT
- Group Therapy
- Outpatient Detoxification
- Adult Programs
- PHP/ IOP / OP
- Adolescent Programs
- Family Programs
- Crisis Intervention
- Wellness Program



In-Network with MOST INSURANCE PLANS

Sunlight of the Spirit

by: Darrell Fusaro

CONNECTING THE DOTS

A lot of people find life to be chaotic, with good fortune seen as being at the whim of happenstance. The truth is that the Universe is constantly conspiring on our behalf. Just take a moment to connect the dots, and you'll clearly see that everything does in fact work together for good.

At first glance, a connect-the-dots puzzle appears to be a disconnected mess of dots and numbers. But when we take our pencil and draw a line from one consecutively numbered dot to the next, a pattern takes shape. Inspired by our curiosity we continue, and soon a recognizable image appears. Unexpected and wonderful, it could be that of a lion, automobile, or person. Remarkably by connecting the dots, we are able to successfully draw a sophisticated image beyond our unaided ability.

Our lives are much like the connect-the-dots puzzle, with each isolated moment in our lifetime representing a dot in the puzzle. Taken individually, few if any of these moments seem to have any relationship to the other. They seem to run the gamut of pre-planned events, chance, misfortune and good luck. But if we take the time to move backward connecting the dots from one moment to the next, it doesn't take long to see proof of divine order running through them all.

Make a regular habit of connecting the dots, and you will always be in awe of how obvious it is that the loving hand of God has been continuously arranging affairs for your highest good. This practice elevates our perspective to see that what may have seemed like a misfortune was in reality a blessing, redirecting the course of our life to an unanticipated treasure.

Whether my circumstances at the time seem to be good or bad, I enjoy playing connect the dots. It never fails to elevate me to a higher perspective with proof that nothing happens in God's world by mistake, and that everything is connected. Doing this I can honestly exclaim, "All that's left of my past is a blessing!"

A woman from New Hampshire wrote:

I am just about ready... for the Dublin Marathon in Ireland. It is a Spiritual quest for sure. It has been years that my Spirit has been whispering... Go to Ireland! One of my favorite ways to connect with God and my Angels daily is through my running. I have done it for years and I count it as one of my most valued blessings.

I would love to bring a copy of your book, What If Godzilla Just Wanted a Hug? with me, you could sign it... "to a proud Dublin Marathon finisher"? At the finish line, I will choose a person to give your book to! That would add so much magic to this entire experience.

I will put a check in the mail to you today if this works for you. If you can mail the book as soon as you can, I will be flying out next Friday and running on Monday.

P.S. I would be willing to hand out more than one book if you would like to spread your joy high and wide!

By connecting the dots, later on, it was obvious to me that her request was divine assurance. I wrote back:

Dear New Hampshire,

Your request has turned out to be an incredible coincidence. Right after I received your letter, I had just found out via a social media post by a childhood friend from New Jersey that his mom had died. Her name was Mrs. C, an Irish-American. Growing up, I was pretty much on my own as you know from the stories I've shared in What If Godzilla Just Wanted a Hug?

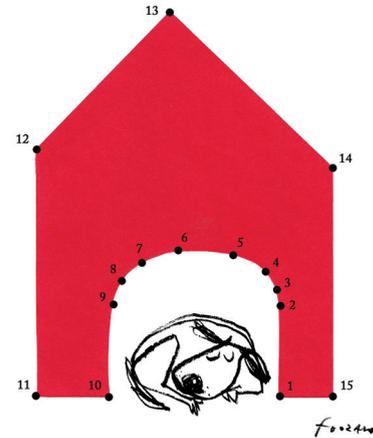
During that time, Mrs. C was always kind to me and she remained supportive of me into my adult years, even attending my first solo art exhibition in NYC in 1996. During those later years, she became an avid runner like yourself. She loved to travel, especially to Ireland, and to run marathons.

I am so happy that you followed your hunch to contact me with your request. I was already on board to do so when I read your email, but then when I learned of Mrs. C's passing, I thought, how appropriate. This is truly divinely orchestrated.

So in loving memory of Mrs. C, a wonderful Irish-American, I've enclosed two copies in addition to your copy of What If Godzilla Just Wanted a Hug? for you to hand out to the proud Dublin Marathon finishers as inspired. P.S. Mrs. C was running into her seventies. Much love, Darrell

By the way, I was told that this issue of Keys to Recovery will be the final issue in print, and I was invited to say goodbye to my readers at the end of this column. Rather than say goodbye, though, which always feels like a punctuation mark to me, I'd rather leave you with an ellipsis, or some more dots in the never-ending connect-the-dots puzzle of life, and say instead that I hope to continue to connect with you all in unexpected ways as the Universe continues to constantly conspire on our behalf.

Artist Darrell Fusaro is a decorated U.S. Coast Guard veteran, co-host of the podcast, Funniest Thing! with Darrell and Ed and author of the book, What if Godzilla Just Wanted a Hug? To learn more about Darrell visit: www.ThisWillMakeYouHappy.com



Thank you to Jeannie and Marcus for your OUTSTANDING contributions to the recovery community over the last eight years through your amazing Keys to Recovery Newspaper.

We love you! Joanne and Lynne & the Trauma and Beyond® Team



OUTPATIENT MENTAL HEALTH CENTER FOR THE TREATMENT OF TRAUMA AND MENTAL HEALTH

Our goal is to do more than symptom reduction, moving you toward growth, connection and aliveness.

- INTENSIVE OUTPATIENT PROGRAM
 - PARTIAL DAY TREATMENT
- INDIVIDUAL OUTPATIENT THERAPY

Contact us for a Free Consultation

818.351.3511

www.TraumaAndBeyondCenter.com

14156 Magnolia Blvd. Suite 101, Sherman Oaks, CA 91423

Dr. Joanne Barron and Dr. Lynne Friedman-Gell: info@traumaandbeyondcenter.com



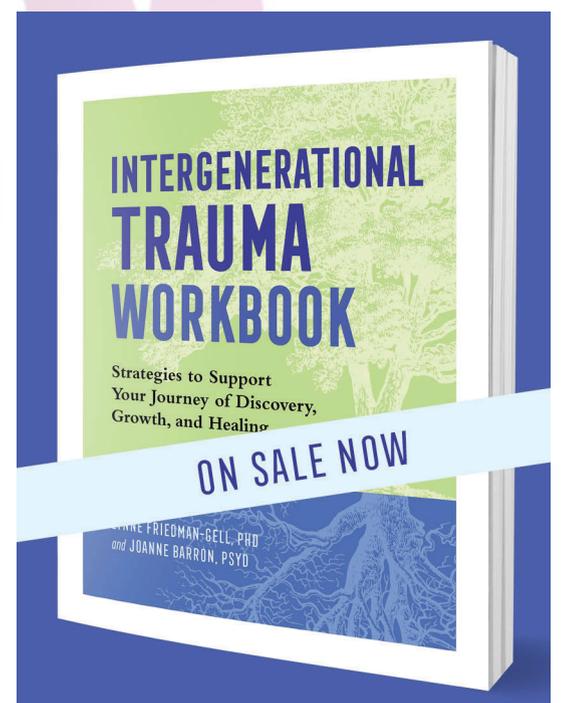
Intergenerational Trauma Workbook:

Strategies to Support Your Journey of Discovery, Growth, and Healing

Written by Lynne Friedman-Gell, PHD., and Joanne Barron, PSYD.
Co-founders of Trauma & Beyond Psychological Center

Trauma doesn't always begin with you. This simple and compassionate guide teaches you how trauma can pass from generation to generation, how to identify its effects on you, and how you can start healing.

Start on the path to healing from trauma that has been passed down through your family. The Intergenerational Trauma Workbook helps you understand the ways in which trauma can move from generation to generation while also providing practical, straightforward exercises to help you grow and heal. Break the Cycle of Intergenerational Trauma and Begin Healing!



POLARIS

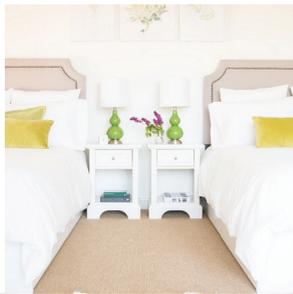
TEEN CENTER

COMPREHENSIVE ADOLESCENT RESIDENTIAL TREATMENT CENTER



- Insurance accepted
- Primary Mental Health
- Customized Treatment Planning
- Integrated Family Programming
- Innovative Therapeutic Strategies
- Located in Tarzana, Los Angeles

www.polaristeen.com (818) 616-8650



BRASS TACKS
RECOVERY

We don't just care.
We redefine care.

888-277-8225

www.brasstacksrecovery.com

Quit to Win

by: Catherine Townsend-Lyon

COURAGE & GRACE WITHIN GAMBLING RECOVERY

"My courage comes from the true light that I found within myself, while doing the work of recovery. It must come each day, as does my desire to avoid a single bet, a single addictive act. To keep my sanity and keep away from addicted gambling, this must be an act of continuing courage, without deviations or procrastination, without rashness, and without fear of obstacles. It may seem like a tall order to others, were it not because it's confined to just today, and that much power is given to me within this day, by way of my higher power. Just stay focused within today." ~Advocate Catherine Lyon

Above was what I shared in comments and feelings with another gambler who was having a rough go. See, I often visit many recovery support sites, and keep this person uplifted during their struggles. Later that evening, I had a chat with Marilyn Davis regarding a little diddy we are working on together. We were talking about the word grace.

But it had me thinking about other favorable comments/terms that encourage me within my recovery. As Marilyn and I discussed the word "Grace", in a non-religious and religious way, I became aware that we all have a 'spirit being' of power and light inside us.

Grace, I was taught is the way to give thanks to God. And there are times it can be challenging to describe a feeling or my thoughts, as you read this article and even just one word like Grace or Courage.

See, courage happens to be what keeps me moving forward; it is courage that drives me to keep my recovery intact, and support others. When we muster that courage, we can and do beat this addiction which makes us unstoppable.

As I shared with Marilyn, Grace has always been within my Christian faith. Grace was God's protection over me. He protected me from many negatives, including my failed suicide attempts, and gave me my purpose and drive to help others who suffer from gambling addiction.

Accomplishing my early work in the first three to five years within recovery, I began to see how grace led me to an authentic light of my 'spiritual being' within myself.

It began to change and move me to other positive areas like my drive, kindness, having grace, and thirst for courage, cravings for hope, as our true spirit begins to burn bright, and that natural passion of wanting to share hope to others and lift them out of their hopelessness.

But all in all, no matter if you are a believer or not in a higher power greater than yourself. Grace, courage, kindness, hope, and other favorable terms or words help give us energy, strength, and passion within recovery, and the desire for a better life. So I wanted to end with some news about my column, and some changes coming to 'Keys to Recovery.' Soon the print version of the paper will be going away.

I have had the honor and privilege for almost three years, sharing my recovery journey with all of you. I have appreciated your support and encouraging emails. It gives me my purpose to stay the course of being of recovery service to others. I won't say goodbye as Jeannie and Marcus can NOT get rid of me that easily! (Lol)! However, I thank them from the bottom of my heart for having the courage and audacity to share awareness about problem gambling, and gambling addiction.

It needs to be talked about. It needs to be heard and seen as an actual disease and addiction. Come visit me anytime on my website here <https://BetFreeRecoveryNow.com>. So, no, I'm not saying goodbye; I'll just say for now, "I will see you on the other side within the digital column of "Quit to Win!"

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





Residential Treatment for Teens

Ascend Healthcare would like to congratulate Jeannie and Marcus on their many incredible years of service to the community. May we all be as selfless and helpful to each other as the two of them have been to all of us.

Thank you, thank you, thank you.

—FE & Séamus



Ascend Healthcare

family. passion. empowerment.

Ascend Healthcare, LLC 4346 Empress Avenue, Encino, CA 91436 | Admissions: 310-359-9403 | www.ascendhc.com

123CreditFixed

Let us help fix your credit today for a better tomorrow.

Start rebuilding your credit today with a **free consultation**. Contact us to schedule your no-obligation interview with a credit repair specialist.

Using Our 3-Step Process.

Step 1:



Step One: Enrollment

It's easy to get started. Just complete a simple signup form and then follow our instructions on getting your credit reports.

Step 2:



Step 2: Credit Report Review & Setup

Upon receipt of your credit reports, we will review your report line-by-line, determine what needs to be removed and review the negative items that are impacting your credit score with you. We will explain the positive tradelines on your report so you can continue to build positive credit during our process.



Step 3:

Step 3: The Dispute Process

We will dispute the negative items currently listed on your credit report, that are lowering your score, with the credit bureaus. If the items disputed are not corrected, we will automatically send customized re-disputes designed to maximize the probability of achieving the desired outcome.

Call Now ask for Lang Martinez: 805.385.1100

www.123CreditFixed.com



Reaching beyond yourself.

COMPASSION

Pass It On.

VALUES.COM THE FOUNDATION FOR A BETTER LIFE

Freedom from Bondage



by: Edward Figueroa

ADDICTION KILLER - BREAKING FREE

Addiction has taken away some of the most prolific artists in history, and even still getting stronger rearing its ugly head to become one of the darkest killers in our country!

It doesn't just destroy the user but the entire family leaving millions of dead bodies behind for all those to see and know its power. I identify addiction as a dark energy. A very cunning energy that pretends to be a friend to comfort you but all the while trying to take your life. A dark energy that for years has controlled your thoughts and responses to the infinite times it's pushed your buttons or sent someone to do it. A dark energy that in essence has claimed your soul and will do anything to collect.

How do we begin to fight?

First, we must understand that addiction is cunning. Addiction does everything to separate you from your power source. For it knows that once it gets you alone, you are no match for it. If you will try and recall all the times you've hurt the people who love you the most. For example; you may have borrowed a family member or close friend's car, and because of your addiction crashed it. You may have had strong cravings that you could not fight off, and took your son/daughter's X Box and pawned it for money, or even stole a credit card or cash to feed your addiction etc. All of these scenarios and others like it are ways the dark energy of addiction manipulates you, and before you know it not only have you stolen from and hurt the people who love you, but also realize that these are the very ones that make up the very foundation upon which you fight every battle, and your actions have separated you from them, (your power source) rendering you alone divided and conquered!

Remember, your power source is made up of all those who love and support you, especially those who have stood by you throughout your history of addiction, recovery, and relapses and when you think about it the ones you've hurt the most are those who make up the very own foundation upon which you fight every battle of addiction. This is proof and should shed some light on the power and cunningness of the dark energy of addiction.

Our greatest battles are and will always be fought in our minds so it is essential to first repair the foundation upon which you fight every battle. If your foundation is broken and weak you can never win against addiction. So how do you begin to repair your foundation? First and foremost you must make your apologies to all those you've hurt (especially those who make up your foundation). If there is any heartfelt emotion attached to your apology I suggest you allow it to come out and through. Once you have done this you need not say another word. Remember in most cases your foundation has already heard the multitudes of "I'm sorry's". So your actions every day of remaining clean and sober will speak volumes.

The next phase of empowerment is to realize that as there is a dark energy, there is also a force of light and higher power if you will that is even more powerful than any darkness for it is written that the light created the dark, and there is no dark force that can extinguish God's light. Know that there is one essential ingredient inside all those who struggle with addiction that has been buried under years of pain and trauma that without it, it would be close to impossible for you to break free from the shackles of addiction. That ingredient is the very source of power that the Son of God possessed over 2000 years ago when He walked the earth. That very power from which all His miracles flowed. It is the very ingredient that separates any and all of those special human beings in life that have accomplished amazing things.

A perfect example is the story of Roger Banister:

Before 1954 there was a scientific theory that no human being could run a mile in under 4 minutes. The experts said it could not be done. That the human body was incapable of running a 4-minute mile. That it was dangerous and impossible. In the 1940s the record was challenged to the time of 4:01 seconds, and that is where it stayed for nine years. On May 6, 1954, Roger Banister broke the 4-minute mile with a time of 3:59.4 seconds. What is astonishing is that as part of his training he visualized this achievement over and over again, which created a sense of certainty within his mind and body. Almost a year later other runners did the same and better. What happened? It took a sense of complete certainty in himself without seeing any proof that it could be done. However, once he shattered that myth, that scientific statement, that barrier the rest of the world saw that it was indeed possible and that previous record which stood for 9 years was broken routinely.

When one becomes so certain of something. When every part of your being believes it is possible, something powerful happens! Understand that, that ingredient is and will always be FAITH!

By: Edward Figueroa, Warrior's Empowerment Group "The Addiction Killer"



CLOSING A CHAPTER OR LEAVING THE DOOR OPEN

As Keys to Recovery is closing a chapter with this issue, it brings forth the idea of moving forward. We frequently close chapters in life – moving out of our childhood home, getting married, getting divorced, deaths, births, etc. Closing chapters is an important theme in eating disorders as well.

I want to assert that full 100% recovery from an eating disorder is always possible. This is something that we want to maintain for ourselves before, during, and after recovery, because it creates the possibility of being 100% healed from an eating disorder, even if it doesn't feel possible presently. If we don't leave the possibility for 100% recovery, then it certainly won't happen.

At the end of treatment and years of hard therapy work, some people feel that they are truly 100% in recovery. They don't feel that there is any trace of their eating disorder left. This doesn't mean that their ED didn't matter, or wasn't important, or didn't affect them. It just means that they no longer think about their body and food on a daily basis, they don't feel the temptation to pull back into their ED, and truly feel that they are recovered, and that chapter is closed.

And on the flip side, some people truly do not feel that way at all when they are well into their recovery. They feel that they are always in a state of recovery instead, rather than fully closing that chapter. These people tend to feel their recovery very acutely, and feel that they have to continually be very conscious of it. Does that mean that they are any less recovered? No! They just personally feel that they have to be very continually active in their recovery, and can't become complacent. They're always in a "state of recovery" rather than identifying as "recovered."

There is no right or wrong, and this concept differs from person to person. It's more about what you feel is empowering to you. For some people, it's more empowering to say that they are "always in a state of recovery" with their eating disorders. It makes them feel that they are the ones in control by being vigilant with recovery. For some people, it's more empowering to say that they are recovered, and have moved into another phase where it's not a dominant narrative.

We want to be intentional with closing the ED narrative in our life, if we are choosing to close that chapter. It's not forgetting. First and foremost, you deserve to close the ED chapter when it's time and when it's appropriate for you to do so. What might this look like? Switching language from "I'm in recovery" to "I'm recovered" – basically changing how you refer to yourself. It might look like slowing down treatment. It might look like not feeling like your ED past is the first thing that you have to tell people when you get to know them. Not keeping it a secret, it's just not the biggest focus in your life anymore. It might even look like not having ED be the focus of how you think about yourself so much, not what you define yourself by. It might look like focusing on other mental health stuff besides the ED – maybe even roots of the eating disorder instead.

And honestly speaking, some people don't get here and don't want to do this, and that's ok! Remember, some people feel like they have to be super active and vigilant in recovery, and keep the door open, and feel empowered by that. They're always in a state of recovery. Some people feel empowered by closing the door when they are ready. They're recovered.

Endings, transitions, and times of change are always hard but are also thought-provoking. As Keys to Recovery printed version comes to a close, let's all take some time to reflect on what our life in long-term ED recovery might or might not look like, and remember that the power to close the door, or leave it open is always in our own hands.

Annie Kuni is an LMFT. She co-founded Gemmed to provide eating disorder support groups for teens and adults. She can be reached at www.gemmed.ngo



WAISMANN METHOD®

OPIOID TREATMENT SPECIALISTS & RAPID DETOX CENTER

Established in 1998

www.opiates.com®



- Private JCAHO Accredited Hospital Room
- Private Rooms
- Several Options of Medically Assisted Opioid Detoxification Including Rapid Detox
- Comprehensive In-Hospital Medical Evaluation
- Inclusive Recovery Retreat
- Quadruple Board-Certified Medical Director
- Thousands of Patients Successfully Treated
- Pioneers of Rapid Detoxification
- 5 to 14-Day Program Options

Call for Available Medical Opioid Detox Options

800-423-2482

Handyman Services by John Paul

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

- Honest
- Hardworking
- Experienced
- Reliable
- On Time
- Great prices

818.447.0613





HOW THE COVID-19 PANDEMIC CREATED A “PERFECT STORM” FOR OPIOID ADDICTION

By Elizabeth Elkind - 05/03/2021 - CBS News

Recently-released data is painting a grim picture of the opioid epidemic that has gripped the United States — as the country is still grappling with the coronavirus pandemic, that has killed more than half a million Americans.

“Some people are calling them twin pandemics that have collided,” Harvard researcher Michael Barnett, Ph.D., said on CBSN Monday.

The Centers for Disease Control and Prevention estimates that 90,237 people in the U.S. died of opioid overdoses, between October 2019 and September 2020. The figure is the highest ever recorded since the opioid crisis began in the late 1990s.

“This is an incredibly important public health crisis that has come along with COVID,” Barnett said. “Before 2020, we went into the COVID pandemic with an out-of-control public health crisis of addiction.”

Barnett, who serves as an assistant professor of health policy, and management at the Harvard T. H. Chan School of Public Health, pointed out that 2019 had been the worst year on record, in terms of opioid-related deaths before this latest figure, and said 2020 “would have been terrible as well” with or without the pandemic.

“However during the pandemic, as all of us have experienced, add the stress of the pandemic, extreme isolation, job loss, and you really have a perfect storm for addiction to flourish,” he said.

The number of American adults who reported symptoms of anxiety or depression between April 2020 and February 2021, rose by 27% over the previous year, also according to CDC data. Emergency room visits for drug overdoses increased by 36% in the same period.

Overall stress due to the pandemic’s impact on health and the economy, as well as increased isolation, have been described as the main drivers behind the spike in mental health problems.

Barnett warned, “All of these are issues that can either lead people to addiction or worsen addiction, in those who may be predisposed.”

© 2021 CBS Interactive Inc. All Rights Reserved.

With headlines and statistics like this, publications such as Keys to Recovery (printed or online) are needed now more than ever. Being part of the recovery community we know firsthand how many people are lost every day to depression, drug and alcohol overdoses, eating disorders, gambling addictions and so much more. But we also know how many people are fighting for recovery, from all of these addictions and disorders. Just look on Facebook or Instagram and see all the support groups to help those trying to recover, as well as the families and loved ones. There are so many people working hard to help those still struggling.

The problem is big and feels out of control some days, but I am here to tell you that recovery is possible. We started this publication to spread HOPE that recovery is possible. And we have continued to end each column and each issue with HOPE.

I know that the world can seem dark, so we will continue to bring light whenever, and wherever we can, as long as we can. Keys to Recovery Newspaper will continue to publish articles and resources on recovery from all addictions and disorders, online.

Visit KeystoRecoveryNewspapers.com for all of our past issues and the new ones to come.

Check out our Resource Guide, which lists free services. We will continue to update the guide and make it available online month after month! We can now add more cities and states, so be sure to send us free resources to be added to this crucial, life-saving resource guide.

We will have our Final Awards Dinner in October 2021. Contact us for tickets or sponsorship opportunities.

There are so many things I want to say, but space is limited, so I want to make sure to acknowledge and thank those who helped us.

First, we want to thank God. He saved us from the darkness of addiction, and brought us into the light of recovery. He healed us and led us to help others. He gave us purpose and continues to lead us to do His work. God is good all the time, and all the time God is good.

Secondly, our writers, who unselfishly gave words of wisdom to our readers month after month, year after year, with no thought of repayment. Without you, our pages would have been blank.

Thank you to our advertisers who have been with us from the beginning. Who supported our vision month after month year after year. Without you, our bank account would have been empty.

- Harmony Place
- My 12-Step Store
- Chandler Lodge
- Cri-Help
- Miracles in Action
- A Step in the Right Direction
- Pax House
- Primary Purpose
- 12 Step Sober Living
- Sperling Law Firm
- Hazleden Betty Ford
- AT Center,
- Just to name a few.

To all the other advertisers who placed ads over the years or have recently joined us, thank you!

Thank you to those individuals and institutions who donated money, so we could continue as long as we have.

To our trusted readers, thank you for sharing our vision with others, and for making our newspaper so popular. Thank you for letting us know how much you enjoyed our newspaper. Remember to share what you learned, and to carry the message to those still suffering.

Last but not least our friends and family, who gave endlessly because you believed in our purpose, and in our dreams.

Mom, we want to thank you for your hours of hard work, proofing, writing, creating spreadsheets, inputting contacts, delivering newspapers, stuffing and labeling envelopes and boxes, reaching out to the prisons, your monthly donations, your encouragement, and wise counsel. Honestly, we could not have this without your support and love.

This isn't the end, just a new digital version of Keys to Recovery Newspaper. See you online.

Following are some of our past authors who wanted to say a few words about the ending of the printed version. We wish we could have printed all the submissions, thank you for all your words of encouragement and support. We love you.

It has been and is a pleasure to work with Keys to Recovery Newspaper, along with helping to sponsor the important causes they passionately advocated for in such a loving way. To sponsor those of us working in the recovery community, this is a tool many of us will miss.

It was my distinct honor to have had my Author work reviewed by Jeannie Marshall, in the Fall Issues of 2020. Even greater was the privilege to add my voice by being featured in articles written by me also, in the Fall 2020 Issues. I wish Keys To Recovery Newspaper much success in other endeavors, as they move forward in 2021. Thank you always.
T. Rose, Founder - Quest4recoverynetwork.org

It is bittersweet to say goodbye to the printed version of Keys to Recovery Newspaper.

I have happily enjoyed a beautiful collaboration with Keys to Recovery, and with Jeannie and Marcus Marshall over the past several years. The knowledge that they have so unselfishly shared and the experience, strength, and hope that they impart to so many all over the country, is unparalleled.

I have been so grateful and humbled, that my articles written for them have reached the eyes of so very many in need, and have potentially helped so many in dire

CRI HELP

YOUR LIFE IS WAITING

AFFORDABLE, EFFECTIVE ADDICTION TREATMENT FOR INDIVIDUALS AND THEIR FAMILIES

DETOX | RESIDENTIAL | OUTPATIENT | TRANSITIONAL LIVING

(800) 413-7660 **CRI-HELP.ORG**

circumstances over these many years. Isn't that what life is all about? I was blessed to have Jeannie and Marcus as guests on my radio show, and have been fortunate to attend their beautiful awards dinners multiple times. Celebrating luminaries in our field with them has been a true joy.

May this lifesaving, philanthropic publication continue to reach many eyes, hearts, and souls through the powers that be, the serendipity of healing, the lasting depth of the written word, and the eternal reach of the internet!
In gratitude, Dr. Danielle Delaney

When Jeannie let me know that June will be the last printed edition of Keys to Recovery, my heart stood still with a sigh of sadness. As with so many publications, the printed I can touch and hold it in my hands, newspapers have fallen to the wayside and been replaced with electronic versions. Being a digital immigrant I love the feel of paper, the ability to write on the newspaper, keep it on my desk, and pass it on to a friend.

Keys to Recovery has been a mainstay in the behavioral health care field.

Knowing no socioeconomic barrier it has been available to all. Filled with great resources, and interesting columns its mission was merely to help and support those struggling to find their way and navigate recovery. Loved ones and families alike were able to get great resources and tidbits of help. I was lucky enough to be asked to write a monthly column on aging and recovery.

Along the way, I got to know Jeannie and Marcus as human beings, and how selfless they are in their commitment to Recovery. They are true heroes in our field. And so with a bittersweet tear, I salute them for their years of service, and cannot wait to support them in whatever their next endeavor will be.

With Much Love, respect, and gratitude for the lives you changed, the work you have done, and for the hearts you have opened with Keys to Recovery.
Gratefully, Dr. Louise

Vita Behavioral Health

Drug & Alcohol Rehab Treatment

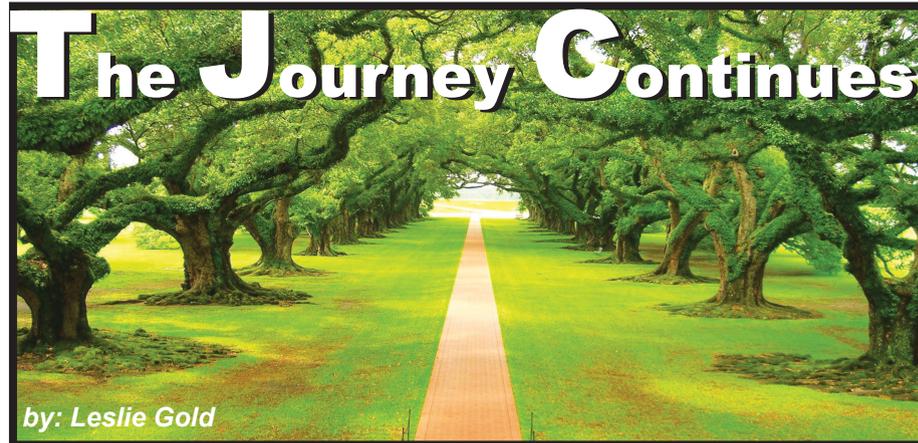


Family Wellness Therapy
Individual & Group Therapy
Medically Supervised Detox
Medically Assisted Treatment
Medical & Psychiatric Sessions
Grief & Trauma Work
Aftercare & Alumni Programs

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

All PPO Insurance Accepted - Located in Van Nuys California

[wwwVitaBehavioral.com](http://www.VitaBehavioral.com)



by: Leslie Gold

JASON'S INSPIRING JOURNEY TO THE FINISH LINE

Jason's journey taught him what happens when he ignores his negative self-talk, pushes through self-imposed limits, and makes healthy choices. He accomplished something he didn't think he could do.

One of the groups of people in early recovery that I coach was about a month into our half marathon training program. By that point, the team was doing 5 miles for their weekend long runs, with two shorter runs during the week. Jason, a new resident, joined the team. He hadn't run in years and was overweight. He was only able to go at a walk/jog pace, mostly walking. He was always among the last to finish, but he didn't quit. Soon he was able to do 6 miles at a walk/jog pace, mostly jogging. When our distance increased to 7 miles, he told himself he would jog the entire way. He was able to jog for the first 5 miles but then had to dial it back to a mix of jogging and walking for the remaining 2 miles. Instead of celebrating that he jogged continuously for 5 miles, he told me he was disappointed in himself.

The next Saturday's run was 8 miles. Jason wasn't there. The following week, our distance was 9 miles. Jason showed up and announced that he had missed a week and that he, therefore, couldn't do 9 miles. The best he said he could do was 6 miles. I confess that I believed him and started thinking about how to still include him in the group while keeping his distance to 6 miles. Fortunately, this wasn't possible.

Normally, I would have said, "Instead of going the whole distance, when you get to the 3-mile mark, turn around and go back." However, since he was early in his sobriety, per the treatment provider rules, he could not be running alone. I didn't have a volunteer who could run back with him, and none of the more senior residents in the group wanted to cut their run short. I told Jason that he had to go the whole distance, that I'd stay with him, and if he needed to walk a lot that was fine. I asked the rest of the group to stop every 2-3 miles to wait for us. Jason took off at a slow jog. Every time we caught up to the group at each rest stop, Jason would break out in a huge grin. "I can't believe I jogged the whole way. I freaking did this!" His small successes motivated him to continue jogging. At each stop, he'd take great joy in realizing what he was able to do. He was able to go the first 7 miles without a walking break. And this time, he took pride in the 7 miles he did jog, instead of the 2 miles he walked/jogged at the end.

The next week, we were doing 10 miles. Jason wasn't there. I looked around the facility until I found him and encouraged him to come out and train with us. He explained that he had other plans. Thinking I could find a way for him to train and still do whatever else he had planned, I asked what those plans were. "I'm going to the vape shop," he informed me.

"Seriously?!" I replied. I realized I had to think fast to say something that would get him to change his plans.

"Let's pretend it's two hours from now. If you look back and think about how you spent the last two hours, and your choices are vaping vs. training for a half marathon, which one is going to make you feel better about yourself?"

He agreed to join us for the 10-miler. He finished it, and this time, he wasn't last.

After that, he had a new level of self-confidence. Gone was the negative self-talk. Gone were the limits he placed on himself. Gone was the self-defeating behavior. It was replaced with an attitude of "If I go at a pace that's right for me, I can accomplish whatever I put my mind to."

As the weekend runs got longer, Jason continued training. He showed up for all the midweek runs, and he kept getting stronger. On May 8, he not only proudly crossed the finish line of his first half marathon, he immediately started encouraging his brothers in sobriety at the same treatment center where he is, to join the team and train for the next event.

Jason's journey across the finish line was all about discovering that he was capable of far more than he thought possible and then taking it to the next level by inviting others to have the same experience.

Leslie Gold is the founder and executive director of Strides in Recovery, a Southern California non-profit which brings the healing power of goal-oriented group exercise to addiction recovery communities. Participants in Strides in Recovery programs enjoy improved self-confidence, empowerment, self-discipline, camaraderie, stress reduction, health & wellness, pride in accomplishment, and so much more. Leslie is an RRCA certified running coach who has trained hundreds of people in early recovery to cross the finish line of events ranging from 5Ks to the Los Angeles Marathon. To learn more, visit StridesInRecovery.org



Meeting Chips - Medallions - Medallion Holders - Plaques - Sober Water - Mints - Candles - Meeting Coffee - Toppers - Hats - Keychains - Books - Book covers - Gold Jewelry - Silver Jewelry - God Boxes - Journals - CDs

MY 12 STEP STORE.COM
Recovery gifts InStyle!

got 12

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

cns www.CNSTRIAL.com

PTSD RESEARCH STUDIES

A traumatic event can have long lasting psychological scars that impede your relationships with friends and family. If you or someone you know may be experiencing symptoms of PTSD call us now.

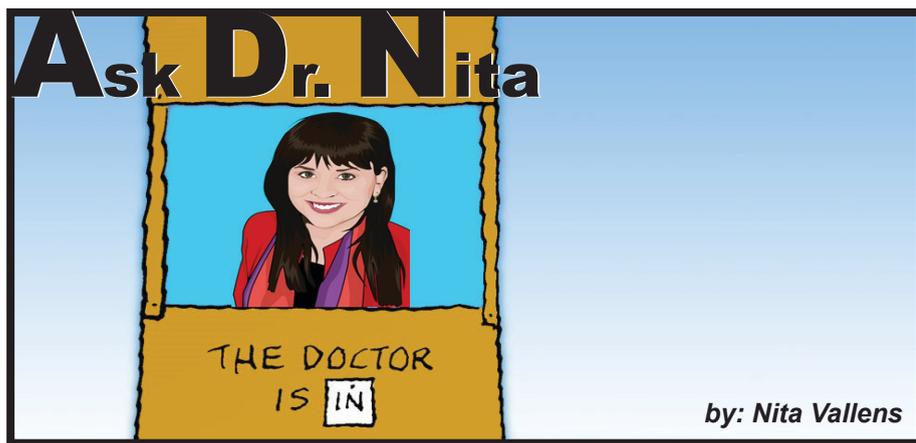
CONTACT SERGIO VENTURA:
714.206.1463

BILLING CONSULTING
Providing Quality Billing So You Can Focus on Healing

Providing Quality Billing While Maintaining High Ethical Standards

Lower Cost than other billing companies because We bill it **RIGHT** the **FIRST** Time.

Contact us today! 714.227.5058
www.LucrativeConsultingInc.com



I hope you enjoy this month's article. It's been an honor and a pleasure to be a part of Keys to Recovery, writing monthly articles from its inception. Moving forward Keys will be available online for your reading pleasure.

Dear Dr. Nita:

Not only is this the scariest time of our lives living through a global pandemic, but my marriage of 18 years hangs by a thread, our kids are fighting and they never used to do that. This is a sober home, I'm in Al-Anon and nothing has prepared me for this family crisis - help, please.

Feeling helpless

Dear Feeling helpless,

I'm so sorry you and your family are experiencing the stress and strain that many families have encountered. Our relationships - families, and friends - mean everything to us, and nothing is more upsetting than not knowing how to manage changes in behaviors, as a result of outside forces. A deadly virus threatening our very existence is tough. We need tools!

I'm going to share some tools that are known for improving communications. In my 30 years of being a therapist, I have gathered a lot of strategies.

Communication is key!

A renowned researcher Dr. John Gottman, identified four types of negative communication styles that he refers to as the "Four Horsemen of the Apocalypse." They are criticism, contempt, defensiveness, and stonewalling. These all lead to breakdowns, more conflict, and even worse, a permanent breakdown with close relationships. Let's take a closer look at the following explanations for a deeper understanding.

For starters, criticism is a personal attack on your partner, which will only put them on the defense. Instead, address the behavior that you are upset about.

A few examples of contempt include eye-rolling, name-calling, mocking, and sarcasm. Conflict can quickly escalate as a result of contempt, because you're giving a message of disgust towards the other person, and it is disrespectful.

Defensiveness can cause the other person to feel attacked and it's like saying, "I didn't do this, you did." If you are blaming and accusing someone, you probably have not looked at what part you played in causing the problem.

Have you or someone you know ever shut down, and refused to communicate? This is called stonewalling and it's a refusal to respond to your partner. You might be overwhelmed, feel out of control emotionally, or you feel as if you aren't getting anywhere when you interact.

According to Gottman's research, he could predict a relationship ending if one or more of these behaviors, and communication styles existed.

What can you do instead? Having family meetings once a week is a good way to be proactive, especially if you are sheltering in place due to Covid-19. This is a planning meeting - everyone brings their phones/calendars and talks about what is coming up, and how to support each other. I also urge couples to have a private meeting - just the two of them for "adult" business - finances, long-range planning, and issues coming up that might not be appropriate for kids to hear yet.

If you are so upset that you know you are headed down the road of saying, or doing things you'll regret, take a time out. You do this by saying to your partner, "I'm taking a time out, and I'll return so we can talk in about an hour" (or the amount of time you need to be able to calm yourself down).

Couples need to give one another the space for private time, and also plan times to be together. I recommend a "date" night, even if it has to be at home. When is the last time you sat on the sofa watching a movie, and held hands or cuddled? Touch is a very important way to stay connected.

In your daily interactions with each other, consider the following:

- Use "I statements" to say what is upsetting you. Remember if you start a sentence with "You..." it hints at blame, and can lead to an argument.
- Suspend judgment and stick with the facts. • Say what you need or want in clear terms.
- Be respectful, polite and remember to say what is going well.

You can do this!! Be well, Dr. Nita

Dr. Nita Vallens is a licensed Marriage Family Therapist and Certified Hypnotherapist. She specializes in Relationships, Life- transition, Addiction, Co-dependency, Trauma and Anxiety, and Depression. For more info visit, for consultations and appointments go to www.DrNitaVallens.com. Her Inner Vision radio show can be heard Fridays at 1:00 pm, PT on KPFK Los Angeles, 90.7 FM, or live stream at www.KPFK.org

PS - This column makes no claims to diagnose, treat, prevent, mitigate or cure diseases, and the information that is discussed in the article is not to be construed as medical advice. Never disregard professional medical advice, or delay seeking medical treatment, because of something you have heard on or accessed through this column.



IT ALL MAKES SENSE NOW

I don't know exactly where to begin. So, I'm just going to write. No specific goal, no specific ending in mind. I am just going to let it be what it is without any judgement. I hope you can do the same. Life truly is a mystery. If one can just live it "one day at a time" with no expectations, I believe, life would be much simpler. At the young age of 64, I am learning more about life than I ever have. I am experiencing feelings that I have either never felt, or suppressed for much of my sixty-four years. There's a saying; "nothing, absolutely nothing happens in God's world by accident." For years I fought and questioned everything that had happened to me. Starting with my parents' divorce, then my father's death when I was 12-years old, he was only 32-years old. My father was robbed of so much of life's pleasure. The camping and fishing he loved so much he was passionately passing on to me. The joy of watching me grow up and getting married. The joy of having grandchildren, and the joy of being a father. For myself, I felt I was being robbed of the joy and happiness of having my father. A father to sit with me and talk with me. The joy of a father's support, the joy of learning about life from a father who loved, enjoyed and appreciated life. Just the joy of having a loving father in my life.

I questioned why God would put a stepfather in my life who would emotionally, physically, spiritually, and sexually abuse me. I questioned God why he would guide us to church, becoming devout Christians, yet my mother, a choir member and my stepfather a deacon of the church, would continue abusing me. In fact, the more involved with the church we were, the worse the abuse got. Our pastor at the time even condoned the abuse in an indirect way by telling me in my stepfathers' presence that the abuse, including sexual abuse, was "just part of growing up and I would not be gay." Well, abuse of any kind, especially sexual, is not a normal part of growing up. For the following 2 to 3 years all forms of abuse got worse.

One thing I never did question God about was the motorcycle accident I was in on Saturday Nov. 18, 1972. That day I had my death experience. I was 15 years old, all of 140 pounds soaking wet, and riding a motorcycle that was too big for me. After hitting a ditch, I laid on the ground in excruciating pain. The next thing I remembered; I was descending upward. Seeing myself laying on the ground, my motorcycle lying in the ditch, and the boulder my head had hit. Thank God I had was wearing a helmet. Then, I was surrounded by an intensely bright white light which I could not look into, and a peace and serenity beyond comprehension. My pain was completely gone, all of it. As suddenly as all this happened, it was over. I heard God's soft voice telling me to "fight for my life and never quit fighting." He told me He would never leave me that He would always be by my side. I just had to keep fighting and fight I have done.

When I arrived at the hospital, they put me in ICU right away. After 8 hours of lying in pain, not knowing where all the internal bleeding was coming from, they wheeled me into surgery. Before doing so, they called our pastor, my mother, and stepfather over to have them give me my last-rights, and say their goodbyes as the doctors told them I likely would not make it out of surgery. By a miraculous miracle I survived the accident, trauma, and surgery. The doctors said it was a miracle that only God could have performed. My right kidney had been completely smashed like an egg, and none of my other internal organs had been touched. It truly was a miracle.

Remember I said I never questioned God about the accident? Well, that is not completely true. In 1986, three years into my marriage with Cathy, we were walking and conversing. I was in one of my victim pity party moods. I turned to Cathy and said, "why didn't God just take me in 1972 when I was lying dead on the ground?" Before I could finish what I was saying, I heard the same voice I heard on that Saturday in 1972 tell me, "because you are going to break the chain of abuse in your family and others." That was almost fifty years ago. What I didn't know was that I still had another 20 years' worth of other things I needed to experience and learn before this revelation would come to pass.

Fast forward to Feb. 1, 2006. I was getting ready for a trip and drinking my Jack Daniels. Once again, I heard the voice of God whispering to me. He softly whispered in my ear; "Randy your get out of jail free cards are all used up. You need help and you need to get it now." I listened to that voice and five days later my 38 year pity party, drinking and drugging career came to an end. With the help of some loving and caring mentors, and therapist I was able to reconnect with God in a way I never knew to be possible. As I grew in my faith, my recovery also grew. Somewhere along the line God reminded me of what He told me that day while conversing with my wife in 1986 and my journey into the healing fields began. What unequivocally answered all the questions I was asking God was found written in a book in a Christian bookstore. The author had signed the book quoting Genesis 50:20 - "You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people." It has been seven years since I read that scripture and it is permanently etched in my mind, heart, and soul. It was all starting to make sense.

Skipping ahead to today, 15-years into my sobriety and 16- years into my recovery, a lot has been revealed and brought into the light. Honestly, often times the feelings of peace and serenity I experience seem surreal. I am literally seeing things through a new pair of glasses. The bible tells me in Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will." The keyword in this scripture is renewing, which is an action word. This is where God has revealed to me that we must take action to renew our mind, it doesn't just happen.

Con't Page 22

Book, CD & Video Reviews



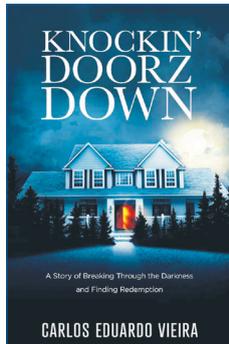
KNOCKING DOORZ DOWN, A Story of Breaking Through the Darkness and Finding Redemption, by Carlos Eduardo Vieira; Published by KDD Media. Knocking Doorz Down is an inspirational story of one man's heroic struggle against inner demons that nearly destroyed him, he ultimately recovers and finds a unique pathway to redemption and peace.

Successful entrepreneur Carlos Vieira was raised on his family's sweet potato farm in Livingston, California. As a teenager, Carlos was popular and athletic and was ready to join the family business, when the allure of recreational drug use leads to a party lifestyle, that leads to the derailment of both his career and personal life. Yet with each step closer to his derailment he assures himself that he's in control and will not be taken over by an addiction; and this belief has fooled so many.

In this cautionary tale we see how the isolation of addiction affects every aspect of Carlos' existence. There are the binges, excesses, relapses, rehabs, arrests, nights in jail and the multiple resolutions to recover. Finally at the age of thirty-four, he stops once and for all. Through it all, he offers a timeless message: no matter what you may struggle with family challenges, addiction, financial issues, health problems, or relationship problems; you can pull yourself from the brink, knock down doors and create a brand new life, becoming the person you were meant to be.

Everyone has a story to tell and Thank God, Carlos was brave enough to tell his hoping it would inspire others to know they can "KNOCK DOWN SOME DOORS" and open new doors to start their recovery.

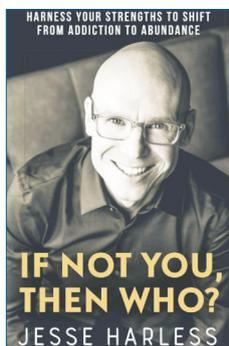
Carlos has done so much to help others. He founded "The Carlos Vieira Foundation" that sponsors three initiatives; The Race for Autism – The Race 2B Drug Free – and The Race to End Stigma- dedicated to raising awareness of autism, addiction and mental illness. He created and is the CEO of the lifestyle brand 51FIFTY, which is about believing in yourself, exploring who you are and discovering who you want to be in order to live life to its fullest. I give this book 5 stars. Available at Amazon.com.



IF NOT YOU, THEN WHO? Harness Your Strengths to Shift from Addiction to Abundance. Written by Jesse Harless MA, HeartMath Certified Trainer, XCHANGE faculty member, and bestselling author of Smash Your Comfort Zone with Cold Showers. Jesse shares his past mistakes, accompanied with tremendous strides that are applicable, for anyone suffering from drug addictions of many sorts.

Jesse was being tried in court for drug possession, and facing the possibility of many years of incarceration, while addicted to Opiates. Jesse searched different forms and avenues for life long addiction recovery, and found the correct cumulation of practical applications. The Keys to Recovery lies within us all, Jesse helps one to cultivate their innate strengths and talents formidably.

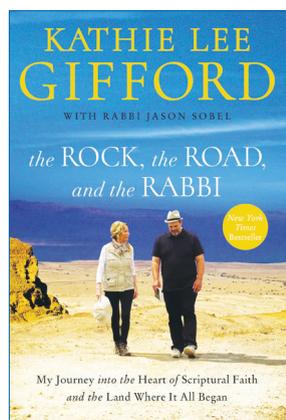
I love his F.E.A.R. recovery toolkit, Focusing on your recovery, helps to Elevate your recovery. When you Appreciate your recovery successes, it helps you to acquire, and demonstrate Resilience in your recovery. It helps to guide you to become empowered, for a life of true Self-Care in recovery. This is a must read for those earnestly searching for complete recovery. I thank Jesse for providing such a concise and revelatory gift, one that is designed to help us all. I give it five stars. Available at www.Amazon.com.



THE ROCK, THE ROAD, AND THE RABBI, by Kathie Lee Gifford. Published by W Publishing Group, An Imprint of Thomas Nelson.

Kathie Lee Gifford's vibrant personality is revealed in this book. You can actually sense the thrill of her many treks through the Holy Land as she writes about the captivating beauty and the spiritually deep roots that have found a place in her heart, all because of the power of God's Word. Read her innermost thoughts as she shares her experiences of walking where Jesus walked. Fix your heart on the Rock of salvation and walk the Road that leads to redemption with the Rabbi, as you learn more about the Teacher who gives eternal life to those who seek Him.

In "the Rock, the Road and the Rabbi" Kathie does the important work of studying and sharing the Bible, hitting both the mind and the heart with the powerful impact of what she uncovers. Whether you are a believer or not, a seeker or simply intrigued, this glorious walking tour of the Holy Land, with personal insights and stories by Kathie, describes the sacred places of Israel and their meaning step by step. Rabbi Jason Sobel offers biblical and historical context with clarity and insight. From the stillness of the desert to the serenity of the Sea of Galilee, you will be swept away into the beauty, wonder and magnificence of these sacred places by two enthusiastic believers on a lifelong faith journey. This is a personal, inviting and engaging encounter with both the Jesus of history and the Man who walked the dusty landscape of the first-century Judea and Galilee and the Christ of faith, the one around whom the author's entire life revolves. Especially for Christians who know little about Jesus' Jewish background, this book is a fine place to begin your journey. Available at Amazon.com.



Hope Is Everything

by: Lang Martinez

TURN THE PAGE

This article is dedicated to God's Angel's that didn't let me fall.

It's the first day of the rest of my life; I'm going to make it productive and memorable! I have just become the cause for my future, rather than the effect of my past! Own This!

There is nothing more paralyzing than an attitude that things can never change. We need to remind ourselves that God can change things, but it's your outlook that determines your outcome. If we see only the problems, we will be defeated. But if we see the possibilities in our problems, we can have victory.

Wow, it's been over 2 years since Citizens Journal published my first article May 24, 2019 "Nobody Knows But Me: My story about being homeless on the streets of Oxnard - Part 1".

I was so excited and scared at the same time. I remember calling their publisher George Miller over and over and asking him, time and time again, "is this ok George?"

Then finally I just said, "George can you please finish the article for me, I have no idea what I'm doing?"

On July 25 2021, I will be celebrating that 3 years ago I made a decision that I no longer wanted to live the life that I was living. I begged God that if He would save my life, that I would give it back to Him.

I made this promise, that not only will July 25, 2021 represent that I gave my life to the Lord, but I will have also been completely abstinent from drugs and alcohol.

Before I get into what it means to Turn the Page, I'd like to reflect on George's editors notes from two years ago, and prove that I am no longer that man! Turn the Page is my platform for demonstrating where my life is today.

Editor's note: The author told us he's spent a total of about 6 years on the streets (non-contiguously) in Los Angeles and Oxnard, and been in multiple recovery programs. He says he is clean now and taking one day at a time, trying to help local homeless people.

Publisher's notes: Even though Oxnard's efforts are falling short, they are trying, putting a higher priority on the homeless situation, increasing manpower and spending, hiring a homeless guy, developing a strategy, looking for grants, etc.

We were intrigued by Mr. Martinez's story, and inquired about his recovery status and activities, which will be in future articles in Citizens Journal. He sent us the statement below and asked us to rewrite it for him, but it's just too good to edit much! I was in tears as I read of his passion, sincerity and pain. I also know that he is backing it up with action, so at least one more person is now added to his list.

I'd like to tell George thank you. Today I still don't write well, but I want to say this so the world will know:

I've had sobriety for five years three separate time's, and I've also worked in recovery, but this time is different because I didn't want to die. I did not want anybody to say anything horrible about me. All I wanted, if I did die, was just one person to say something good about me. Everyone in my condition doesn't want to die broken. Many do make promises to God, if He would take us out of this misery. What is different about my promise to God this time? I said God, "please don't let me die like this! Please save me one more time, and this time I will keep my promise. I will give it all back to you."

George, do you know what I'm saying?

You can write about me anyway you want?

But today, I don't want to be referred to as a homeless person. I'm not homeless anymore. Also, I want you to come up with something better. I trust you. I used to be homeless and all I'm doing is keeping my promise, George. You have to understand that I don't ever want to go back to that life again. The only way that I will never be homeless again is by telling the world what my Lord and Savior did for me. He can do it for anybody. I'm proof of God's miracles. Amen.

I must turn the page because this is where I'm at today. I've made a name for myself in the last two years fighting for better homeless services in Oxnard and Ventura County. I've always believed governments can do better with the resources they use for homelessness. In fact, because of my years on the streets and filled with addiction, my opinions hold some merit.

Con't Page 22

2021 PROVIDER DIRECTORY

ADDICTION COUNSELORS

CHARLENE MCPHERSON Holistic Guidance Service, Addiction Counselor CADC III, ICADC, 200YT. Specializing in Chemical Dependency, Healing Relationships, wellness in mind body & spirit. (213) 462-7667, hgs.charlene@gmail.com
www.holisticguidanceservice.com

FITNESS IN RECOVERY

RECOVERYFIT ACCESS

www.myrecoveryfit.com 877-800-RF12 (7312)
Experiential recovery-based fitness groups based on the 12 fundamental principles of recovery treatment. Digital curriculum allows these innovative groups to be applied anytime, anywhere.

INTERVENTION & FAMILY RECOVERY CONSULTING

BRASS TACKS RECOVERY

(888) 277-8225 - Los Angeles
Intervention & Family Support Consulting,
Recovery Coaching / Companions
www.BrassTacksRecovery.com

RECOVERY - WELLNESS CENTER

A T CENTER - Silver Lake, California, Celebrating 50+ Year serving the LGBTQ community & allies. Featuring CV-19 compliant outdoor meetings with stage and sound. With Zoom studios coming soon indoors. Visit our website to host special events. Free Coffee, Recovery Literature & chips for sale. Contact us at: www.ATCenterLA.Org

RECOVERY COMPANIONS / COACHING

ALEGRIA CARE AND RECOVERY

Recovery Companions Coaching and Case Management
(818) 298-6419 Joy Stevens
alegriacareandrecovery@gmail.com

MALIBU ADDICTION RECOVERY SERVICES

Certified Recovery Coaching/ Life Coaching / Sober Companions
Our Services Are Discreet and Confidential
Contact: jjrlebasque@gmail.com - (323) 763-3329

SOBER LIVINGS

ANGEL VILLA SOBER LIVING

Encino, California
Luxury healing in the hills of California
(818) 571-8946
www.AngelVillaSoberLiving.com

MIRACLES IN ACTION

Miracles In Action - Northridge, Calif.
www.miraclesinaction.info
(818) 918-5822
Sober Living & Intensive Outpatient

MY NEW BEGINNING SOBER LIVING FOR WOMEN

(310) 871-0465 Wendy Rudin - www.mynewbeginningsl.com
email: wendy@mynewbeginningsl.com
7-Beds, In Business Over 13 years. Upscale sober living for women w/chemical dependency and/or primary mental health.

SUNSHINE SOBER LIVING

(866) 216-9789
www.sunshinesoberliving.com
Upscale Structured Transitional Living in a warm family style environment.

SUBSTANCE ABUSE TREATMENT

DETOX - RESIDENTIAL TREATMENT (RT)

AURORA CHARTER OAK HOSPITAL

www.charteroakhospital.com
Call Robin McGeough (O) (626) 214-2015
(C) (626) 216-6031
Covina, CA 91724

HARMONY PLACE

Woodland Hills, California
A comfortable place to do difficult work!
(855) 995-0808
www.HarmonyPlace.com

THE VILLA TREATMENT CENTER

Woodland Hills, California
(855) 915-0727
www.thevillatreatmentcenter.com
DETOX, RT, IOP, PHP. In-Network Anthem Blue Cross, Aetna, Blue Cross, MHN, Health Net, Cigna, Beacon

SUBSTANCE ABUSE TREATMENT

INTENSIVE OUTPATIENT (IOP)

THE OHANA RETREAT, LLC

Intensive outpatient treatment program is set within a sober living environment. After detoxing, Clients join our integrated IOP/SLE program for 30-120 days on their path to recovery in Hawaii.
www.TheOhanaHawaii.com
(877) 6-OHANA-2 (877) 664-2622

MIRACLES IN ACTION - Burbank & Northridge, Calif.

www.miraclesinaction.info (818) 918-5822
Addiction Treatment, Dual Diagnosis
Intensive Outpatient & Sober Living
We accept most insurances.

MULTI CONCEPT RECOVERY - Burbank, Calif.

Offering 2 different programs, Traditional Therapeutic Model & the alternative EQ & Mindfulness Program. Your Recovery, Your Choice!
www.multiconceptrecovery.com (818) 433-8345. PHP-IOP-Evening, Program-OP, In-Network Anthem-Aetna-Beacon-Optum-ComPsych.

VISTA DEL MAR HOSPITAL

www.vistadelmarhospital.com - Phone: (805) 653-6434
Dual Diagnosis & Chemical Dependency Treatment,
Inpatient stabilization & Outpatient Programs
801 Seneca St., Ventura, CA 93001. Accepting most insurances.

THERAPISTS

ROSS PHILLIPS THERAPY, Specializing in Chemical

Dependency & The Addicted Family System
Ross Phillips M.A., LMFT, MFC 100034
805-455-1614, Telehealth therapist in California
RossPhillipsTherapy.com

MERCEDES CUSICK THERAPY SERVICES

Specializing in Addiction, Trauma and EMDR
Mercedes Cusick M.A., LMFT # 118720
818-425-9337 • www.MercedesCusick.com
Located in Woodland Hills/Telehealth Available

We list your facility in our Provider Directory for 1-year (12 Issues) for a total of \$365. Call (818) 386-8400 or email us at info@keystorecoverynewspaper.com

Classified Ads

Classified Ads

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

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.

FRESH START SOBER LIVING for women has beds available in our structured sober living. If you are looking to change your life and learn how to live clean and sober, we are here to help. We offer a clean, safe environment for women wanting to recover from addiction/alcoholism. \$650 month. We also offer weekly rates. Call for more info (818) 642-6384.

MY NEW BEGINNING SOBER LIVING: 7-Beds, In Business Over 13 years. Upscale sober living for Women, w/chemical dependency and/or primary mental health (310) 871-0465 Wendy Rudin - www.mynewbeginningsl.com, email: wendy@mynewbeginningsl.com.

SUNSHINE SOBER LIVING : www.sunshinesoberliving.com. Upscale Structured Transitional Living in a warm family style environment. (866) 216-9789.

PAX HOUSE SOBER LIVING: Separate Houses for Men and Women. Rent only \$750/mo. Clean, shared rooms, available now. Near AA/NA "in person" meetings. Email: morgan@paxhouserecovery.com. Call now (626) 398-3897.

PROSPEROUS ROSE Sober Living is a beautiful structured Sober Living located in the foothills of Lake View Terrace, CA, Male only, is minutes away from Sunland and a few blocks away from Hansen Dam Park and Recreation Center. We offer the following: laundry facility, outdoor gym, covered patio and smoking area, internet with fast Fios internet and WIFI and big screen TV's with cable. The rooms are clean and spacious with flat screen televisions in all rooms. Cleanliness is a priority in this house. Rent is \$600 monthly. You have the option of paying weekly or monthly no deposits required. We accept the pilot program through DPSS. We are close to all major markets, bus and 12-step meetings (we have referrals to outpatient services, food banks etc.) We provide transportation for grocery shopping and 12-step meetings and to free food banks. The Owner of the house is a Substance Abuse Counselor that has a very good understanding of addiction and is ready to help with your recovery. Whether your court ordered, on probation or parole, Prosperous Rose Sober Living is a California Licensed Sober Living home that can be a great -stepping stone in this new chapter of your life. We are here to help and support you call Suzy (818) 660-8070.

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

ROB'S HOUSE SOBER LIVING: A clean, safe, and beautiful Co-Ed sober living home. Participation in our community depends on always testing clean, staying employed, and attending meetings. Located in Winnetka California. Contact us to see if we are the right fit for you and your new life free of drugs and alcohol. Email: akesaryan@gmail.com or call (818) 523-0025.

THE VESPER HOUSE! Are you ready to begin your NEW SOBER future TODAY? We are Southern Calif. Oldest Women's Sober living Home! Vesper House has been helping women recover for over 65 years. We offer semi-private rooms, bus line access, Cable TV, kitchen, laundry, computers w/high-speed Internet access, on site AA meeting for Clients, and more! Located in North Hollywood, CA. Zero Tolerance Alcohol & Drug Sober Living Home! The weekly rent is \$130. Call TODAY (818) 769-3057.

Rolling Sober SFV



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. Interested in attending meetings? Call Paul for info @ 818-447-0613



ALEGRIA CARE AND RECOVERY SERVICES
RECOVERY COMPANIONS,
COACHING AND CASE MANAGEMENT
*Helping those Struggling with
Addiction and Mental Illness*
818.298.6419
alegriacareandrecovery@gmail.com



**Hazelden Betty Ford
Foundation**
Jeff Schlund
Outreach Manager
Cell 626-372-4550
Direct 760-423-6728
Toll Free 855-348-7018
JSchlund@hazeldenBettyFord.org
www.HazeldenBettyFord.org

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

CLASSIFIED AD HEADING : _____

Classified Ad Content: _____

Billing Address: _____

Contact person: _____ Phone: (____) _____

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

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

KEYS TO RECOVERY — NEWSPAPER, INC. —

Advertising Rates

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

Ad Sizes

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

Materials & Deadlines

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, Photo-shop 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.

Terms and Conditions

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, Industry Networking Events & many more locations each and every month.*
- From the most prestigious neighborhoods and facilities of all types to the impoverished streets of Skid Row, we carry the message of Hope & Recovery to everyone we can. Join us!*

Vital Services Resource Guide

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

RESOURCE GUIDE

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

Alcoholics Anonymous (A.A.) World Services: P.O. Box 459, NY, 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.

Grupo Al-Anon: FE Y GRATITUD DE NEWHALL, 22505 Market St, #102 Newhall CA.

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

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

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

Adult Children/Codependents: 12 step & recovery meetings, Thurs & Suns 6pm 8742 Mulberry Dr., Sunland, CA. Lisa (818) 293-2222.

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

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

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

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

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

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

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

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

Cocaine Anonymous: World Service Office www.ca.org. (800) 347-8998 or (310) 559-5833.

Clutterers Anonymous: (866) 402-6685.

Co-Dependents Anonymous: (CoDA) L.A. (323) 969-4995.

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

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

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

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

Debt-Anon Family Groups: A 12-Step recovery program for those affected by a problem of compulsive debting in a relative or friend. 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.

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.

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.laventanatreatment.com

LifeRing Secular Recovery, Lifering.org, (800) 811-4142

Love Addicts Anonymous: (LAA) www.Loveaddicts.org

MADD Mother Against Drunk Driving 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 (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.laventanatreatment.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

Dimondale Adolescent (310) 791-3064.

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

Los Angeles Food Bank (323) 234-3030.

Manna, Ministry to the Poor 6642 Reseda Blvd., Reseda, CA. Every Saturday, (except the first Saturday of each month) 11:am to 12:15pm, (818) 776-9696.

Our Redeemer Lutheran Church 8520 Winnetka Ave., Winnetka, CA (818) 341-1629.

Salvation Army Glendale Corps: Monday -Friday Food Pantry. 320 West Windsor Rd., Glendale, CA 91204 (818) 246-5586.

Shepherd's Nest, Feeding the Homeless 9237 Crebs Ave., Northridge, CA (818) 557-6247.

SOVA Food Pantry, Jewish Family Services (open to all in need) 16439 Vanowen St., Van Nuys, CA (818) 988-7682.

West Valley Pantry, 7304 Jordan Ave., Canoga Park. (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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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 (626) 442-4357.

WLCAC Homeless Access Center (323) 563-4721.

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.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

YWCA of San Gabriel Valley www.ywcawings.org (626) 960-2995, 24 Hour Hotline (626) 967-0658.

YWCA



When we give authority to reasoning above impulses, intuition above mental chatter, and faith in our higher power above our will, we will live in sync with our divine plan. When we accept personal responsibility for understanding ourselves and supporting our well-being and growth, we attract external conditions that mirror this serenity.

Thank you, dear readers! As this is the last printed version of Keys to Recovery, I leave you with these words; my wishes for all of you.

The deepest emptiness, loneliness, and woundedness comes from not knowing who we are and what our lives are meant to be. We try to fill intolerable emptiness with petty preoccupations and addictions. We try to escape loneliness with hostage relationships, dependence, and codependence. We try to numb woundedness with denial, deceptions, and violence. Our sense of self may have initially been formed by pain, but it can be transformed by compassion. Let us not stand in the narrow hallway of our lives, but open doors and windows to the wider world around us. The world is filled with suffering and the world is filled with healing. We can stop trying to fix ourselves and begin to help others and let them help us. We can begin to know healing and wholeness in loving through our tears and releasing through our fears. We can begin to know joy interwoven with sorrow, gratitude interwoven with disappointment, and sweet blessings interwoven with hard lessons. We and our lives are transformed from the light of love, the warmth of wisdom, the nourishment of nature, the fellowship of unity, and therein lies our deepest fulfillment.

WWW.MARYCOOKMA.COM Mary Cook has a Master's degree in psychology and is a substance use disorder certified counselor in private practice. She has 44 years of clinical and teaching experience. Mary is available for telephone 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 Amazon.com



Unfortunately, I don't hold a college degree, nor have I ever been a professional homeless services provider. Therefore my role in the community has been regulated as a pariah who advocates with unreasonable convictions, due to cognitive losses from heavy drug use on the streets. Nonetheless, I have enough wits to know when it's time to Turn The Page.

Today, I've managed to become part of a beautiful family, earn a steady income and become involved in several business opportunities, and drive a nice reliable car. I don't need to make my presence known or my voice heard any longer. Those folks who know me will always have their thoughts and opinions about me. But I'm here to say that I need to move on with my life. I have many lucrative opportunities, and one is to publish my life's story, so with that I can create a foundation where I am able to help others in need.

Much guilt and regret has killed many men before their time. So as I turn the page and get off of the homeless advocacy train, I want people to know that Nobody Knows But Me, (God Did) will be the working title of my autobiography. I want people to understand that "unbelievable" is the stupidest word in the dictionary. Give others and yourself more credit, it just happened. You witnessed it. You just did it. Most importantly Believe it! My recovery happened because I opened my heart to God. There are many people who witnessed it and some are still scratching their head, wondering how in the hell am I still alive. I'm a freak of nature who just did it, because Nobody Knows But Me, (God Did), who realizes that it was the will of God that saved my life.

Our prayers go out to the only man who can identify, my name is Frank Garrety and I am a grateful alcoholic.

Lang Martinez will be a guest on the JULY 23 2021 Show @ 5.30PM, and he was a past guest. Stop Child Abuse Now (SCAN) - 2401 05/18 by NAASCA ORG | Self Help. <https://www.blogtalkradio.com/naasca/2020/05/19/stop-child-abuse-now-scan--2401>



Honestly, this in and of itself is a subject for another blog. I firmly believe the action I have taken over the last 16 years to renew my mind is why I have been transformed into a new man. I firmly believe that I have found the Randy that God intended me to be, yet there is still so much more to be revealed. I am in no way the man I was all those years ago. Just ask my wife and kids. I decided to write this blog because lately, I have been feeling overwhelmed with a strong sense of gratitude for all that I have taken for granted, for far too long. Number one being the love of my beautiful wife. Not as of late, but for the first 21 years of our marriage, I didn't know what it was like to really love my wife and family. With all that I had done to her, the way I acted in those first 21 years of our marriage; I am lucky that she is still in my life. God truly did give me an Angel to spend the rest of my life with.

The simplicity of sitting and watching the hummingbirds in my backyard, spending time with my grandchildren as I watch the miracle of life unfold in the innocence of their childhood. Spending the day in high country chasing antlers with my son, or fishing for catfish all night or all day in the one hundred plus degree weather. Just simply playing with my fur babies gives me so much joy. Most importantly, how when I read the bible it actually speaks out too me, which in turn draws me closer to God.

Like I said in the beginning, I'm just going to write. No specific goal, no specific ending in mind. I am just going to let it be what it is without any judgement. I hope you can do the same. The reality is, I can't really put into words the way I feel. I wish I could. I wish there was a pill I could give you that would cause you to feel the freedom and happiness I feel. Then, just maybe, you'd be willing to do the work I have done to achieve this feeling. Being real, all days are not always glorious. I still have days that I struggle, my wife and I still have our quarrels. The only difference is, we know what we have to do to resolve them quickly. Oh, as far as my wife, I honestly never really knew that loving her could feel so good, so right. Thirty-seven years of marriage, and I fall more in love with her every day, and it's only because we have God the Father, God Yahweh at the center of our marriage and lives. Finally, It All Makes Sense.

Randy Boyd, CADC-1, Author - Healing the Wounded Child Within, Certified Life Coach, Associate Pastor @ Destiny Church, Celebrate Recovery Ministry Leader @ Destiny Church, Change Your Life Story Now - Transformational Life Coaching - www.changeyourlifestorynow.com, Courageous Healers Foundation - www.courageoushealers.org, (760) 702-5498.

12 STEP SOBER LIVING

Men's Sober Living Located in Sunland/Tujunga Area

- Shared rooms,
- \$150 week
- Phone, Cable, Internet
- TV's in every room
- All the coffee you can drink ☺



Call Joel & Lisa Moss
(818) 293-2222 / Cell (818) 445.9901
WWW.12STEPSOBERLIVING.ORG

Billy Sarmiento HEATING & AIR CONDITIONING

Experienced with HVAC

- Maintenance Programs
- 24/7 Emergency Service
- Custom Home Installations
- Air Duct Cleaning & Repair
- HVAC Tune-Ups & Inspection

We service most makes and models

(805) 791-6478
24-Hours a day • Text Friendly

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



BEYOND EXCEPTIONAL treatment

This is our promise to you.

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

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

THERE IS HOPE. CALL NOW
855-995-0808
End Your Addiction Today

We accept most insurance
www.harmonyplace.com

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

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



NATIONAL ASSOCIATION
OF
ADDICTION TREATMENT PROVIDERS
Voice. Vision. Leadership.





Burbank & Northridge



Miracles In Action

Outpatient Treatment & Sober Living

- Substance Abuse
- Alcohol Addiction
- Codependency
- Dual Diagnosis
- Bipolar Disorder
- Depression & Anxiety
- Relapse Prevention
- PTSD & Trauma
- Sober Living

**We accept most
health plans!**

It's time to get back to the only thing that really matters.

It isn't just about ending an addiction. It's about finding complete healing and restoration. It's about forgiving yourself and building relationships with your loved ones. It's about becoming whole again.

Our programs include a full spectrum of services including detoxification, intensive outpatient, group and individualized therapy, dual diagnosis/co-occurring disorder treatment, PTSD & trauma treatment, life skills support and more!

**Telehealth and In-Person Treatment Programs
In Network with MultiPlan and Humana**



(818) 918-5822
miraclesinaction.info