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August 2022

KEYS TO RECOVERY NEWSPAPER, INC.

Keys to Recovery Newspaper has been committed to bringing Truth, Hope and Solutions to our readers since 2014:

Our past issues giving HOPE in 2015 *"Hepatitis is No Longer A Death Sentence"*; in 2016 leaning if you are in a *"Codependent Relationship"*; in 2017 change is possible, *"Redefining Your Self-Image"*.



In 2018 Brandon Novack shares with us that, *"No One is UnFixable"*; in 2019 we come to understand that *"Addiction is Distortion"*; and as always in 2020 *"There is Hope"*.



Join us for our last Five Issues.

As we review the past, enjoy the present and look forward to the future.

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In Recovery**
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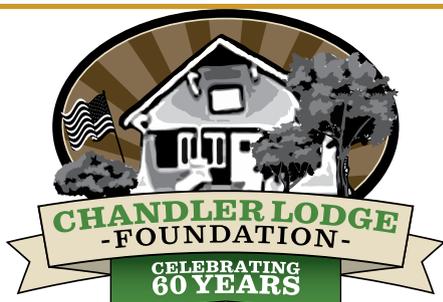
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Welcome to the August 2022 issue of Keys to Recovery. This month we are running a 2-page article on Fentanyl (pages 8 & 9), what it is, overdose rescue options, and what we can do to protect ourselves, and those we love. This article is comprised of information from the various websites noted. Please check out this article and then do your own research, as there is so much more information out there. I have been sober for over 36 years, and I have never seen so many deaths caused by one drug. Each drug has its own nightmare attached, but again I have never seen anything like the deaths connected to Fentanyl.

That being said, I have faith that we will get to the other side of this, as we have so many other drug related nightmares. My faith in God, is the one thing I hold onto no matter what.

My Bishop, Stephen Hamilton, talked about "mountain moving faith" this past Sunday, and I felt that. Speaking to a mountain and telling it to move, is a whole new level of faith. That "mountain" can be anything, a person, a thing, an illness, or perhaps a situation in the world. The words we speak can change the way we feel, alter the direction of our day, and affect those around us.

I'm not just talking about positive thinking, I am talking about changing our thinking, about changing everything in our world with our words.

"Everything that comes out of our mouths—whether positive or negative—has the ability to affect ourselves and others for the good or bad... When we truly understand the power of our words, and realize we can choose what we speak, our lives can be transformed." - Joyce Meyer

Think about that, before you speak words simply by habit. Thank you & God bless you! - **Jeannie Marshall, President & Co-founder**

Hello to one and all. Thank you for all the support and inspiration that you give us monthly, here at Keys to Recovery. Having the opportunity to apply the acquired experience and knowledge, given during my sobriety, helps me to have a positive outlook daily. There are always going to be ups and downs along the way, yet fortunately, by the days end my view becomes clearer and more acceptable.

This 12 Step program of Alcoholics Anonymous, was designed to elevate our consciousness, spirituality, and commitment to help us find a solution, for each situation that we encounter throughout our lives. The founders of the 12 Steps and its Principals, comprised such a dynamic variation of scenarios and circumstances, that we all can potentially visualize encountering them daily.

Whenever my day becomes hectic and stressed, I apply my higher power's (God) wisdom, which He imparts to me through my experiences, strengths and hopes, so that I can internally build upon them to overcome those obstacles. I believe God blesses us all with inborn attributes: wisdom, insight, patience, discernment, and by applying them we can overcome many obstacles leading to freedom and inner peace.

This Summer has been filled with opportunities to be of service for so many, such as collecting clothes and household items, for Hope of the Valley which is near to my heart. It is a joy being able to help provide support for such a God inspired organization, which help to house, clothe, feed, and provide guidance for individuals who request assistance.

Over the years they have helped countless men, women, and children to find dignity, love, compassion, and hope for a brighter tomorrow. We all need a true support system that will look for the good in us, regardless of our individual circumstances and past faults. That is just some of the foundations of Hope of the Valley, they are a God send to so many that are in need.

I am very blessed to have a wife that is coming up on 37 years of being clean and sober. Her perspectives and perceptions are magnified in accordance with the structure of the Big Book, in part from having so many years of sobriety. I have been learning from her walk down the road of Happy destiny since the beginning of my sobriety, February 22, 2012. Until we come together again for reasoning, may God strengthen, guide, and protect us all.

- **Marcus Marshall, Vice-President & Co-founder**



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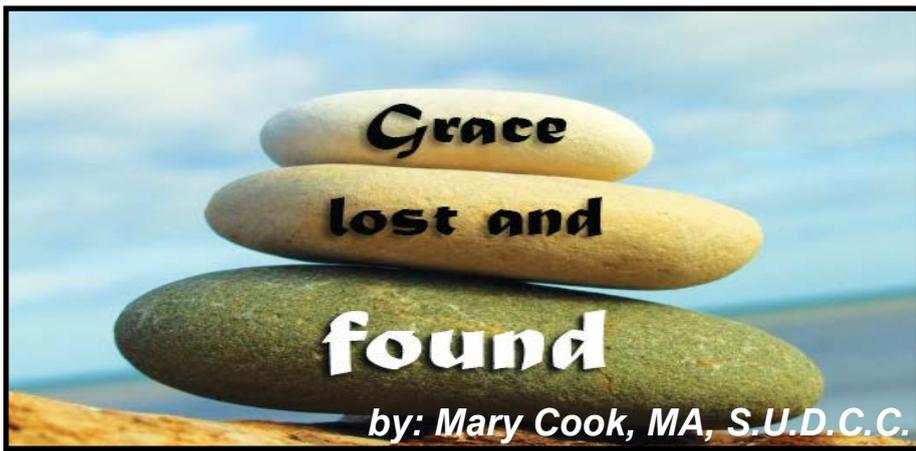
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PLEASURE & PAIN IN RECOVERY

It is in our nature to seek pleasurable and rewarding states. When we live in an environment that chronically fails to meet our primary psychological needs, or does not support healthy growth and fulfillment, we look for other means to experience a sense of pleasure and reward. When our honest, vulnerable expressions encounter repeated rejection, our real self with our genuine needs, wants, thoughts and feelings go underground. We refocus attention on what works best for us in an unhealthy environment. Primary needs are given up for secondary gains. This means our world begins to feel smaller. Since secondary goals can never compensate for primary needs, we increasingly experience constriction, oppression and frustration. Defenses attempt to dull awareness of the pain from our losses.

*At one time we were
fully alive and real...*

When our need for a safe, secure, nurturing experience is not met sufficiently, we are vulnerable to idealize isolation and recklessness, or to seek a drugged state that numbs emotional pain, and allows us to feel pleasure. Or we might over-feed ourselves to stimulate the sense of reward, and then deaden feelings through overloading the system. We may seek relationships where need and rejection, or passive or aggressive codependency are re-enacted. We might become phobic and controlling, in an attempt to create safety and comfort.

If our unique strengths and talents are not observed or valued, if our innate personality is not appreciated or understood, if our feelings and thoughts have no impact, if we're not seen for who we are but only what someone wishes us to be, then these issues repeat in our lives over and over again. We may as a consequence, suffer low self-esteem or pursue goals for another, rather than for what is best for us. We may become overly opinionated, bullying, manipulative or preachy as an attempt to compensate for the reverse earlier in our life. We might do things to deaden ourselves further from who we really are, and what we truly want, to offset the pain. Perhaps we impose our needs and yearnings on others, or pretend to be different than we really are to win acceptance.

We internalize our primary role models in childhood. When they are unhealthy, we find ourselves stuck in internal and external struggles, which reflect our caretakers' themes. If anger, abandonment, control, compulsions, depression, disappointment, or deprivation were our caretakers' struggles, there's a very good chance that they will also be ours.

So how do we let go of patterns adopted from environments that couldn't tolerate vulnerability and honesty?

We are powerless to change negative circumstances that face us as long as we keep looking in the same direction. We are stuck when we are afraid to see how we got somewhere, and when we are afraid to re-experience the pain that resulted in our present dilemmas. The solution is to fear the complete death of our real self and real life more than we fear facing the pain of our journey without defenses. Our eyes and hearts must be wide open in self-examination. We need to re-awaken our sensitivity and vulnerability to pain so that we can suspend our dispensing of it to ourselves and others. We must revisit our primary psychological needs, and let go of our attachments to secondary defensive gains. We need to tear down walls we built against our understanding if we are to ever achieve healthy intimacy.

Mature love for ourselves and others is based on deep understanding, not control, dependency or apathy. Our real self always knows our true desires, needs, feelings, thoughts and purpose. We need to return to who we were before we began the deception of pretending, defending and denying. At one time we were fully alive and real moment to moment. In order to reclaim our truth, we must face the pain of its rejection again, and not erect defenses, but stand firm in support of our highest good.

We need to provide for ourselves and allow others to help us develop an enriching, encouraging and challenging environment for actualizing our genuine self, and a life that evolves from its unfolding. We could not do this earlier in our lives. It is recovery that gives us the opportunity to reach our greatest happiness, serenity and fulfillment, and to share it with others. Healthy pleasure and reward come from our ability to embrace our highest inner truths, and grow from our pain.

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 46 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", available at Amazon.



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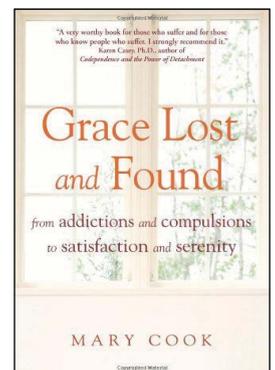
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FAITH IT 'TIL YOU MAKE IT

Faith it 'til you make it! Be open for a major breakthrough. Whatever your need or desire – praise and give thanks that the right answers are forthcoming. Know that, with God, the right outcome is assured. Faith is more than wishful thinking, it's a magnetic force that brings good about, in spite our doubts. Our positive attitude draws us closer to God.

Many folks are familiar with the saying, "Fake it 'til you make it". Although it may sound like a green light to be deceitful until you get what you desire, its intention is to encourage us to behave as if we had the faith that God is working miracles on our behalf. How would you feel if you knew that the healing, the financial windfall, or the opportunity you desire was guaranteed? How would you act if you knew your desire was guaranteed?

It was during a recent talk, by nondenominational minister Chris Chenowith, that I first heard, "Fake it 'til you make it" restated as, "Faith it 'til you make it". That's perfect, I thought. It's clear and instantly refreshes my browser by snapping me out of the malaise of my doubtful thinking.



I am clear that my doubtful, What's the use? attitude comes from forgetting that there is a power for good in the Universe that I can use. It is by depending less on ourselves and more on God that situations are transformed for the best. Believe that God is working through you, that Divine love is constantly flowing through you – healing, guiding, and blessing.

In twelve step recovery programs step two is, "Came to believe that a Power greater than ourselves could restore us to sanity." By utilizing the "Faith it 'til you make it" approach, step two could be restated as an affirmative personal prayer, "God is renewing my mind and improving my circumstances!"

Faith is joyous expectancy. It is believing before seeing. Sounds unreasonable to many and blasphemous to others, but Jesus makes it clear that "Faith it 'til you make it" is the way to get results. "Therefore, I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them." Mark 11:24

While I was twenty-three years old and without having parents to rely upon, I was getting anxious about my present and future financial well-being. When I brought this up with my mentor, he asked me, "How would you feel if you just won the 10-million-dollar lottery?"

"I'd feel great!" I said.

"Good. Then hang on to that feeling," he said.

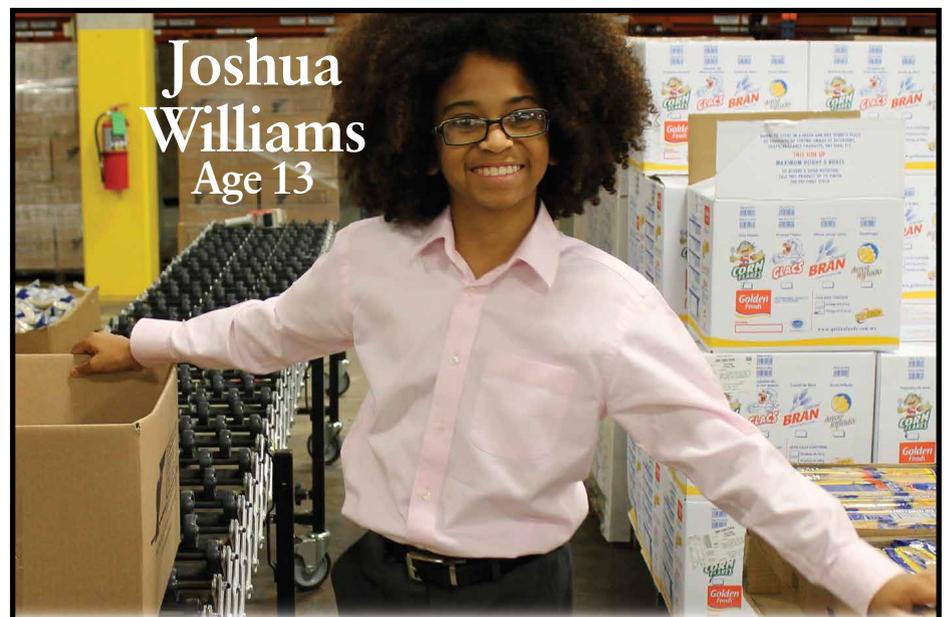
Since that time, I've never been without and have always received more than I've needed. I also revisit his simplified version of Mark 11:24 whenever my financial insecurity resurfaces. It is by assuming the feeling of having already received that gets the demonstration. Assume the feeling of having already received and it's only a matter of time, usually less than expected, until your desire will be fulfilled.

One of the most powerful feelings that we can all easily recall is the feeling of relief. We can all remember times in the past when we had been worried and anxious about a situation, and then ecstatic with relief when it was resolved. Make use of this feeling next time a distressing situation occurs. Instead of rehearsing nightmare scenarios, try assuming the feeling of relief. Take on the conscious assumption of relief. This powerful emotion can be utilized as a magnetic component in answered prayer. When concerned over a physical ailment try imagining the feeling of relief of having already been healed. When concerned over getting a desired job opportunity try imagining the feeling of relief of things having worked out better than expected. Never mind trying to figure out how God is going to bring it about, just enjoy the feeling of relief that comes with knowing that He will bring it about.

It's not always easy to have complete faith that all will be well, however we can continue to encourage each other, and ourselves to "Faith it 'til you make it".

You pray well when you pray with joy. –Emmet Fox

Artist Darrell Fusaro is author of the new book, *Break Out of Your Box: Be Your Heroic Self*, co-host of the internationally popular weekly podcast, *Funniest Thing! with Darrell and Ed*, and a decorated U.S. Coast Guard veteran. To learn more about Darrell visit: www.ThisWillMakeYouHappy.com



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WHAT IS FENTANYL?

Pharmaceutical fentanyl is a synthetic opioid, approved for treating severe pain, typically advanced cancer pain.¹ It is 50 to 100 times more potent than morphine. It is prescribed in the form of transdermal patches or lozenges and can be diverted for misuse and abuse in the United States.

However, most recent cases of fentanyl-related harm, overdose, and death in the U.S. are linked to illegally made fentanyl.² It is sold through illegal drug markets for its heroin-like effect. It is often mixed with heroin and/or cocaine as a combination product—with or without the user's knowledge—to increase its euphoric effects. (<https://www.cdc.gov/opioids/basics/fentanyl.html>)

What reverses the effects of fentanyl?

In the case of an overdose, Naloxone (also known as Narcan®) reverses the effects of opiates (including fentanyl). Naloxone, is available over the counter and, is available either as a fast-acting nasal spray or a preloaded multiple dose syringe. Nov 10, 2021

How to Respond to an Overdose

1. **STEP 1: CALL FOR HELP (CALL 911) ...**
2. **STEP 2: CHECK FOR SIGNS OF OPIOID OVERDOSE. ...**
3. **STEP 3: SUPPORT THE PERSON'S BREATHING. ...**
4. **STEP 4: ADMINISTER NALOXONE (if you have access to it) ...**
5. **STEP 5: MONITOR THE PERSON'S RESPONSE. ...**

Fentanyl Deaths Climbing, DEA Washington Continues the Fight - February 16, 2022

Written by: DEA Washington Division, Public Information Office

(<https://www.dea.gov/stories/2022/2022-02/2022-02-16/fentanyl-deaths-climbing-dea-washington-continues-fight>)

As the new year rolls in, Drug Enforcement Administration Divisions across the U.S. are seeing overdose deaths climb at an alarming rate, especially those caused by the synthetic opioid, fentanyl. Only weeks ago, the DEA reported overdose deaths in the U.S. had topped 100,000 for the first time over a 12-month period ending last spring. Jarod Forget, Special Agent in Charge (SAC) of the DEA's Washington Division is taking this personally.

"Too many people in our area are still unaware of the problem," said SAC Forget.

In 2020, fatal opioid overdoses in the D.C. area surged dramatically — in some cases, to the highest levels ever recorded. Throughout 2021, these numbers only increased. And in January of 2022, the District of Columbia saw rashes of overdose deaths occurring due to "bad batches" of fentanyl-laced drugs being distributed to hard-hit communities.

Based on the most recently available data, 2021 was an even deadlier year for much of the region — a trend that is exacerbated by the Mexican cartels' efforts to turn a quick profit. The DEA has been seeing Mexican cartels sourcing raw, dangerous chemicals from China, using these chemicals to cheaply produce the deadly synthetic opioid, fentanyl. This fentanyl is then trafficked into the area, mixed into almost every illicit drug, and sold to unsuspecting buyers, causing an extraordinary spike in deadly overdose deaths.

Last year, fatal overdoses rose by more than 40 percent across both D.C. and Virginia. As of Aug. 2021, D.C. had already surpassed the number of drug overdose deaths for the year prior. In the District, this overdose problem is disproportionately impacting black residents and communities, who make up almost 85 percent of all fatal drug overdoses since 2015, according to the D.C. medical examiner's office.

In Virginia, drug overdose deaths in the first half of 2021 were already 22 percent higher than the prior year. Making 2021 likely the deadliest year for fatal drug overdoses in the Commonwealth. This year, officials predict Virginia will see more than 2,600 overdose deaths — a staggering number.

Maryland saw opioid overdose fatalities increase by roughly 18 percent from 2019 to 2020 and most recent data show the state is on track to outpace that number this year.

"We are working to combat the problem in a number of new and innovative ways," said SAC Jarod Forget. "We have been working with our partners across the region and have some incredible new programs and strategies we are rolling out this year. Those, combined with our already bolstered drug seizures and enforcement numbers, will help us stand up against this outrageous rise in the fentanyl we are seeing in our area."

The trends in the DMV (the District of Columbia, Maryland, and Virginia) are mirroring those of the nation — fatal drug overdoses are up over 30 percent from the previous year. Many experts have attributed the spike in overdoses, at least in part, to the stress and isolation of the pandemic. However, SAC Forget explained this was only part of the issue.

"Mexican cartels and major drug trafficking organizations have been taking advantage of this time and flooding our country and our local communities with this horribly deadly drug." — SAC Forget

Another important issue, he notes, is the ability for these drug dealers to sell online, to our children.

Drug sales on social media have been up. The DEA Washington Division has had a number of large investigations in the D.C. area involving drug dealers marketing to unsuspecting children, young adults, and members of the public who think they are getting legitimate prescription drugs. Drug dealers are able to sell practically anonymously to unsuspecting members of the public, and deliver potentially poisonous drug as easy as DoorDash delivers food.

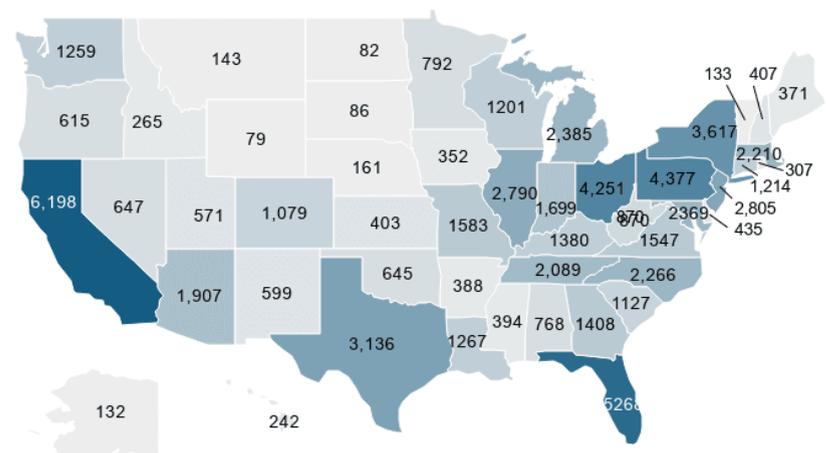
"If you know where to look and you're on social media quite a bit, you'll easily be able to find drugs like this," explained SAC Forget. "Unfortunately, our kids ARE much more savvy with social media than we are. And they are the ones we see finding this stuff and dying from it. We must spread the word and stop this from happening in our communities."

Fentanyl's Detrimental Effects on our Communities

Due to its cheap production cost and high potency, fentanyl is being added or mixed into almost every purchasable drug, according to the DEA Washington Division. Through seizures and drug tracking data, they are seeing fentanyl in almost every street drug, as well as in the new surge of counterfeit prescription pills.

"We are fighting this new crisis of fentanyl related overdoses even among people who never intended to ingest an opioid," SAC Forget explains. "The nature of this crisis has really shifted over recent years. All people in all communities are 100% at risk of coming in contact with this deadly drug."

Total Annual Overdose Deaths by State



As social media platforms evolve into an internet street corner for drug dealers, the use of emojis has evolved over the past few years into a form of communication between dealers and buyers. Children and young adults are understanding what the terminology means and testing it.

Keeping our Kids Safe: People looking for drugs online don't even need to ask for a certain type of drug. They can send an emoji and drug dealers know exactly what they're talking about, can pay and deliver, all almost seamlessly online.

The DEA has a quick reference guide to help understand meanings of certain emojis as they relate to potential online drug deals. SAC Forget suggests concerned parents not try to memorize each, as they constantly evolve, but use the guide to further understand the issue and how to stay informed, and speak with their kids.

SAC Forget, along with his Division's new strategy and enforcement efforts, relays that it takes more than law enforcement to combat the issue. He passionately implores parents to talk with their kids. Have these conversations, regardless of the likelihood of drug issues. Communication with our children about these issues ahead of time is what keeps them safe. If something doesn't add up, keep that in mind — you might need to dig further.

"The number of deaths in our area, and across the country, are staggering," added SAC Forget. "We're all working hard to ensure we don't lose one more child to this problem."

The DEA also provides information about counterfeit pills, manufactured in Mexico by drug cartels and contain fentanyl, many times in lethal doses. SAC Forget explains these knock-offs are made with professional pill presses by the cartels, making it impossible to distinguish a counterfeit from an authentic painkiller, sold in a pharmacy by prescription.

Keep Learning More: To learn more about the dangers of fentanyl, help, and much more affecting your community: DEA Washington division at DEA.gov.

What can be done? The increase in overdose deaths highlights the need to ensure people most at risk of overdose can access care, as well as the need to expand prevention and response activities. CDC issued a Health Alert Network Advisory to medical and public health professionals, first responders, harm reduction organizations, and other community partners recommending the following actions as appropriate based on local needs and characteristics:

- Expand distribution and use of naloxone and overdose prevention education
- Expand awareness about and access to and availability of treatment for substance use disorders
- Intervene early with individuals at highest risk for overdose
- Improve detection of overdose outbreaks to facilitate more effective response (<https://www.cdc.gov/opioids/basics/fentanyl.html>)

Black Americans are now dying from drug overdoses at a higher rate than whites. (<https://www.npr.org/2022/03/02/1083838947/black-americans-dying-drug-overdoses>)

March 2, 2022

When the first phase of the opioid epidemic was cresting in 2010, driven largely by prescription pain medications, white Americans were dying of fatal drug overdoses at rates twice that of Black Americans.

In the decade that followed, drug deaths surged again. But this time Black communities faced the brunt of the carnage.

“Overdose rates have been growing fastest among Black communities,” says Joseph Friedman, an addiction researcher at UCLA. “For the first time we see them overtaking the overdose rate among white individuals.”

It’s a devastating milestone, documented in a peer-reviewed study published Wednesday in the journal JAMA Psychiatry.

The research is based on drug deaths from 1999 through 2020, the most recent comprehensive overdose data available.

The biggest factor leading to overdose deaths among Black people is a more toxic illicit drug supply.

Preliminary data from the Centers for Disease Control and Prevention suggests the situation has grown even worse over the past year as fatal overdoses topped 100,000 for the first time in 2021.

Friedman says the biggest factor leading to dramatically higher overdose deaths among Black people with substance use disorder is pretty simple: “The illicit drug supply, the street drug supply, is becoming more and more toxic,” he says.

That’s because of fentanyl, the potent synthetic opioid, which Mexican drug cartels now mix into many of the street drugs sold in the U.S.

Fentanyl has made drug use far deadlier for all Americans, across all demographics.

But this new study suggests African Americans are more vulnerable because they often rely on illicit drug supplies that are even more high-risk.

“People who are lower down on the social hierarchy tend to be exposed to fentanyl and other highly potent synthetic opioids at disproportionate rates,” says Dr. Helena Hansen, a co-author of the report.

As a consequence, “You find Black Americans are exposed to fentanyl more often than white Americans,” she says.

Black Americans with addiction more vulnerable to fentanyl

Hansen, who is Black, is also a researcher at UCLA. She says African Americans with substance use disorder also frequently lack access to healthcare and drug treatment. They’re arrested and incarcerated at a far higher rate.

This means they tend to have fewer chances to get healthy and the avoid relapses that expose drug users to fentanyl.

“We have in this country two tiers, a criminalized tier which still over-polices and over-arrests and over-incarcerates Black and brown Americans,” Hansen says. “And then we have a medicalized tier” that’s more available in white communities.

Another 1.2 million drug deaths forecast across all demographics

This research follows a study published last month in the medical journal the Lancet that forecast more than 1.2 million additional drug overdose deaths in the U.S. in the coming decade.

On reviewing the demographic study conducted at UCLA, Dr. Stephen Taylor with the American Society of Addiction Medicine says the data suggest the Black community may bear the brunt of the next phase of the opioid epidemic.

“As a member of the Black community and as an addiction treatment specialist ... I’m terrified of that prospect, but that’s exactly what we could be facing,” Taylor says.

“A larger percentage of this next million [deaths] will be Black and other people of color.”

Researchers say the way to prevent many of those deaths in the Black community is well documented in scientific and medical literature: provide better healthcare and more access to addiction treatment.

“All of this needs to be done with a real sense of urgency,” Taylor says.

Overdose deaths up 42% in 2020; largest increases among Black and Latino communities (<https://newsroom.ucla.edu/releases/black-overdose-deaths-rates-surpass-whites-rates>)

“Although the overdose crisis has often been represented as a ‘white problem,’ that has never been further from the truth,” said Joseph Friedman, an addiction researcher and M.D. and Ph.D. candidate at the David Geffen School of Medicine at UCLA. “The increasingly dangerous drug supply has disproportionately put Black and Native communities at risk. We need to reverse deep-seated inequalities in access to treatment, harm reduction and services that can help people stay safe. We also know that disproportionate policing and incarceration is playing a key role in creating the instability that leads to overdose.”



Offering Steps Toward Empowerment

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For the current research, the study authors used all available sources from 1999 to 2020 to calculate drug overdose deaths per 100,000 people for Blacks, whites, Latinos and Native Americans/ Alaska Natives. They found that:

- Black people had the largest percentage increase in deaths from 2019 to 2020, a jump of 49%, compared with an increase of about 26% for whites.
- Black overdose death rates rose to 37 per 100,000 in 2020, 16% higher than the rate for whites — a reversal of the Black–white overdose mortality gap in 2010, when the rate of 15.8 per 100,000 for whites was double that of Black Americans, at 7.9 per 100,000.
- American Indians/Alaska Natives experienced the highest rates of overdose deaths in 2020, at 41.4 per 100,000, approximately 31% higher than the white mortality rate.
- While overdose mortality rates for Latinos were the lowest among the groups studied in 2020, Latinos did experience a 40% surge in the number of these deaths from 2019 to 2020.

Mortality was driven largely by illicit, highly toxic drugs such as synthetic opioids (including fentanyl), benzodiazepines and high-purity methamphetamine, the researchers noted.

“The high — and unpredictably variable — potency of the illicit drug supply may be disproportionately harming racial and ethnic minoritized communities for various reasons,” the researchers wrote. “Deep-seated inequalities in living conditions, including stable housing and employment, policing and arrests, preventive care, harm reduction, telehealth, medications for opioid use disorder and naloxone, are likely playing a key role.”

The study was supported by a grant to Friedman from the UCLA Medical Scientist Training Program.

We here at Keys to Recovery Newspaper wanted to answer the many questions we get about Fentanyl. There is so much more we could have included. Please learn as much as you can, you could be saving a life, perhaps your own.

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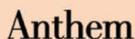


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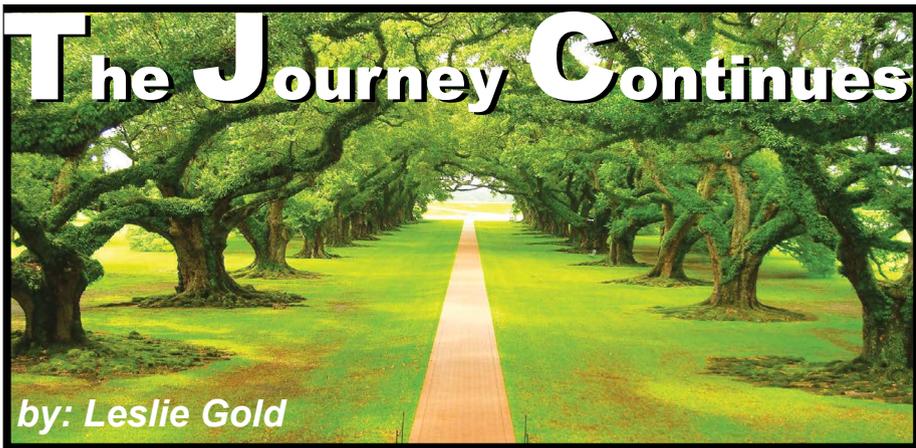






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JOEL'S TRANSFORMATION: AN UPDATE AT ONE YEAR

How He Started: Joel joined the Strides in Recovery program when he arrived at Fred Brown back in June 2021. It was his first time running. He quickly realized how much better it made him feel about himself, and that it inspired him to make more positive changes in his life. Upon completing the residential program, he continued running with the team as an assistant coach and mentor. His goal was to pay it forward by inspiring those with less sobriety. When the opportunity to become the head coach of another team opened up, he eagerly took it. In this leadership role, Joel was inspiring the women of House of Hope to embrace exercise as a tool to support their recovery, and they very much enjoyed their walks/runs with him.



Joel, enjoying his new healthy life in sobriety, and as an involved father.

Decision Time: All was going well until Joel completed his stay at sober living. Funding ran out and he had a difficult decision to make. By moving in with his father in Northern California, he could save money on rent; and he would also be closer to his daughters who he hadn't seen in years. However, it also meant he'd be leaving behind his sober support system, and the new life he'd built for himself in San Pedro.



Joel, creating positive energy and connection among the Strides in Recovery team members of House of Hope

As we discussed the pros and cons of moving, I shared my opinion: "You can figure out ways to stay connected to your community; and you can take your healthy habits with you wherever you go. But there's only one way you can be closer to your daughters. The most important job you'll ever have in your life is being a dad. We will really miss you as a coach, but I think you should go." In March, he moved to Northern California.

Making it Work: But it wasn't easy. He stays connected to his sober support system in San Pedro, by attending meetings over Zoom.

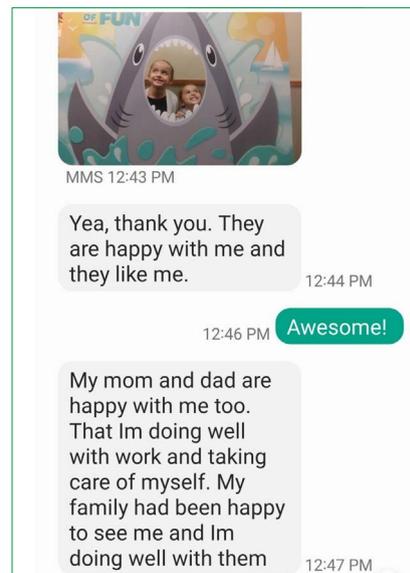
He took his desire for continuing his healthy lifestyle with him too, but quickly realized that it's a lot harder to find time to exercise, and cook healthy meals when you have a full time job.

But he is making it work. He gets up early and runs before work several days each week, and plans his meals in advance.

Having an accountability partner is a great way to stick to a new habit, so Joel texts me every time he runs. A few weeks ago, I noticed that I hadn't received his usual Thursday morning text, and I asked why he'd missed his run. I got a great response.

"I was at my daughter's Pre-K graduation. That went well. Got to spend time with my daughters."

I replied that I was happy for him, and was certain his daughters were happy to have him there. The rest of our conversation:

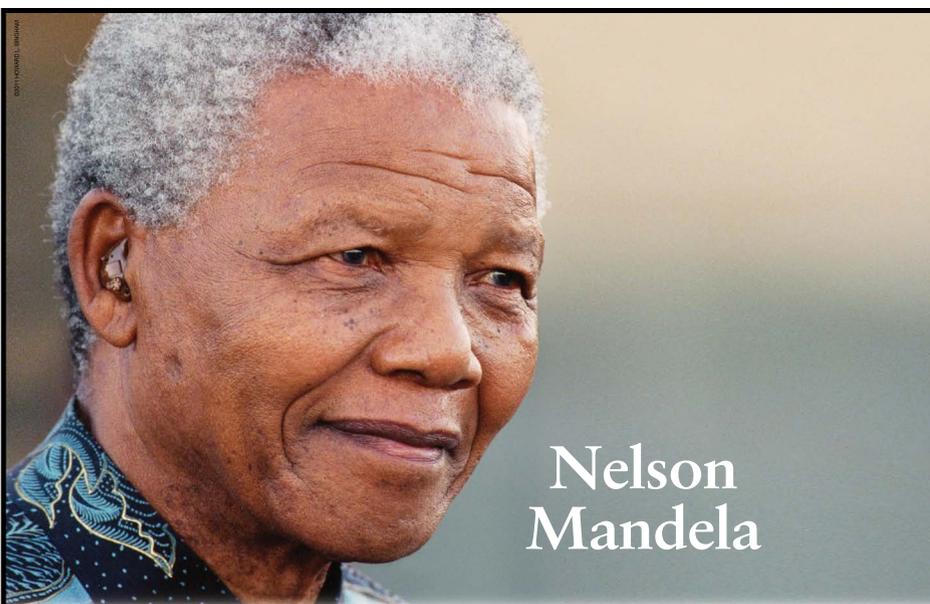


His New Life Today: Joel has been running for over a year, and has been sober for nearly three. When his mind wanders, Joel says it no longer goes to thoughts of using. Instead, he is thinking about how to live a healthy lifestyle in sobriety, make his family proud, and be an involved father.

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



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VOLUNTEERS ARE ALWAYS NEEDED



ALL BETS ARE OFF

This article was first run in the October 2016 issue of Keys to recovery Newspaper.

I had a gambling addiction that started at age 7, and by age 14, I was already addicted, and stealing to support that addiction. My addiction lasted until I was 30 years old, and I went to my first 12-step meeting for gambling addiction. My last bet was 4/10/68 opening day of the 1968 baseball season.

Compulsive gambling is a progressive disease, much like an addiction to alcohol or drugs. In many cases, the gambling addiction is hidden until the gambler becomes unable to function without gambling, and he or she begins to exclude all other activities from their lives. Inability to stop gambling often results in financial devastation, broken homes, employment problems, criminal acts and suicide attempts.

The gambler is eventually able to remove themselves from reality, to the point of being totally obsessed with gambling. Eventually, they will do anything to get the money with which to stay in "action". They will spend all their time and energy developing schemes, in order to get the money to continue gambling. Lying becomes a way of life for the gambler.

They will try to convince others and themselves that their lies are actually truths, and they will believe their own lies.

As with other addictions, it is not unusual for compulsive gamblers to have cross-addictions. They may have switched addictions early on, or they may have been cross-addicted throughout their history. It is also important to note that they may pick up new addictions, while trying to recover from their gambling problem.

After they hit a real bottom, they will have to do something, if they want to try to recover. Most gamblers at that point will want to stop but can't (they won't be able to).

Most, even at that point will keep gambling, some will end up in jail, some will attempt suicide, some will die from their addiction, as they will not take care of their health, or the stress will kill them. And a small group of addicted gamblers will seek and find real help.

Many people go for treatment for drugs or drinking and have a gambling problem also, but it's never addressed in treatment. As in most cases gambling is not asked about in treatment, or they don't have someone on staff that understands gambling addiction. So, the client goes home and keeps gambling, and then soon they are back with a relapse of their other addictions. And soon will be looking for treatment again, hopefully the client will at that point want to address the gambling, and maybe they might end up in a treatment center that knows something about gambling addiction.

The real trick is to get into real recovery. Not just abstinence. By the time the gambler comes for help, they have broken brains (Meaning their brains don't work like they used to when they were not in their addiction).

To get real recovery the gambler needs to work on themselves, one day at a time.

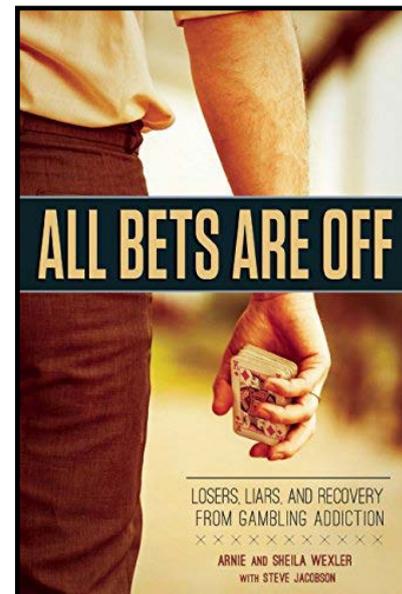
And find someone to do there thinking for them, who has been in recovery some time, and who's brain is working right (a sponsor). After some time in recovery the recovering gambler's brain will start to work again. They will be able to get and keep their jobs, become better parents and spouses, and learn to live an overall more productive life.

Recovery is a process and does not happen without a lot of work on oneself and making a moral and financial inventory. But people can recover and do.

We need to not let our addiction define us, but have our recovery define us.

Arnie and Sheila Wexler have provided extensive training on Compulsive, Problem and Underage Gambling, to more than 40,000 gaming employees (personnel and executives) and have written Responsible Gaming Programs for major gaming companies. In addition, they have worked with Gaming Boards and Regulators, presented educational workshops nationally and internationally and have provided expert witness testimony. Sheila Wexler is the Executive Director of the Compulsive Gambling Foundation. They also run a national help line (888 LAST BET) www.aswexler.com - email: aswexler@aol.com.

Check out their new book All Bets Are Off: Losers, Liars, and Recovery from Gambling Addiction by Arnie and Sheila Wexler and Steve Jacobson, available on Amazon.com



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by: Annie Kuni, LMFT

BACK TO SCHOOL IN RECOVERY

As summer winds down and fall is on the horizon, kids, teens and young adults across the country will be heading back to school in the next few weeks. School provides unique challenges with eating disorder recovery, but it also is a chance to provide opportunities for motivation that don't occur in the home.

For those going away to college this year, eating disorder recovery usually has a "make-it or break-it" relationship with university – meaning that the distance away from family and home triggers can either be a positive step in the right direction for ED recovery, or it can quickly end up being a slippery slope back into old ED behaviors. It's important to keep a lot of check-ins with progress during this time, along with continuity of care and ensuring that the client still has a therapist, dietician, and supportive peers who are aware of what's going on. On a positive note, clients have the opportunity to take recovery into their own hands and have a more active role in responsibility for their own healing. Some people will be up to the task for this – others not. The best thing that everyone can do on the treatment team is to be mindful of this potential change during this time.

Eating disorders are also very present in high school, junior high, and even elementary school.

Some unique challenges that come with campus life and food are dining halls, meal plans, odd hours during college life and staying up late, and social events involving food. Most clients have a difficult time adjusting to all of these and need time to figure out how to make recovery work for them at university. There are also many unique college-based chances to be motivated to recover, such as: studying abroad, making memories with friends, parties, etc. Many people start to see how much their ED is holding them back in these scenarios, and feel motivated to overcome their ED so they don't miss out on the fun.

Eating disorders are also very present in high school, junior high, and even elementary school. For many parents involved in treatment, there is a fear of not being present during snacks or lunchtime once kids go back to school. Again – this can also be presented to the client as an opportunity for them to take more responsibility for their recovery. Framing ED challenges in this way help the client to see their own part and agency in the entire ED process. Most kids and teens will still want to engage in the ED at early stages, but planting seeds around responsibility in recovery can be helpful in the future even if you don't see the immediate impact now.

Special challenges that accompany this primary and secondary education back-to-school group are eating lunch around others, social events involving food, and a change in routine on weekdays. One takeaway from the pandemic was that the lack of school, and routine had a very detrimental effect on eating disorder healing. Thus, going back to school and being busier is helpful for most kids in recovery. It gives them less time to think about, or act on behaviors and less opportunities for isolation. To manage the lack of oversight at lunch, practice having honest conversations around how hard lunch is. This means having discussions around the pull of the ED voice to be sneaky and skip meals at school, while also weighing how this will have a long-term impact on recovery goals, and potentially going back to a higher level of care. Like college, grade school and high school also provide a lot of motivation to be social with friends around food, which is helpful for recovery. Most kids want to be like their peers they see with food freedom.

While returning to school can be stressful for everyone on the treatment team (caregivers and kids alike), there are many hidden opportunities to make progress, and find new motivations for recovery that are socially driven. Recovery cannot exist in a bubble just at home, and school helps to bring that reality to life.



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



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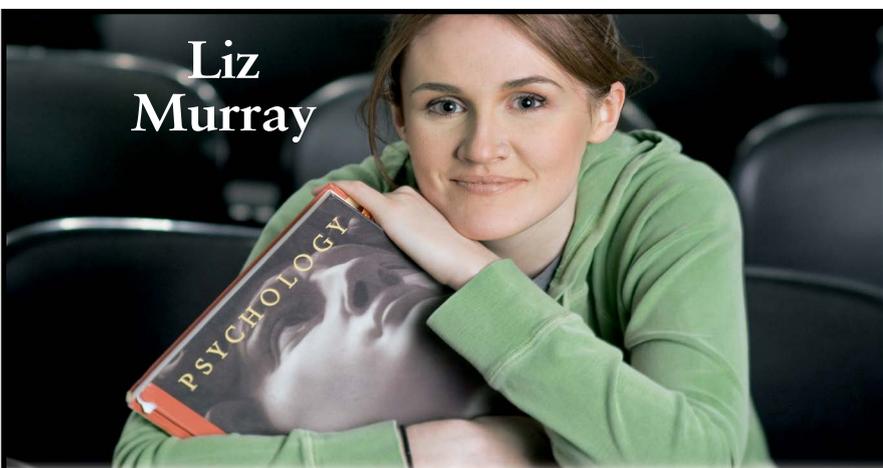
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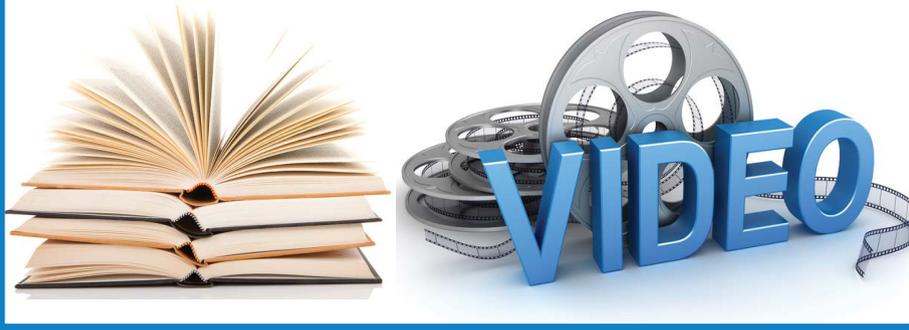
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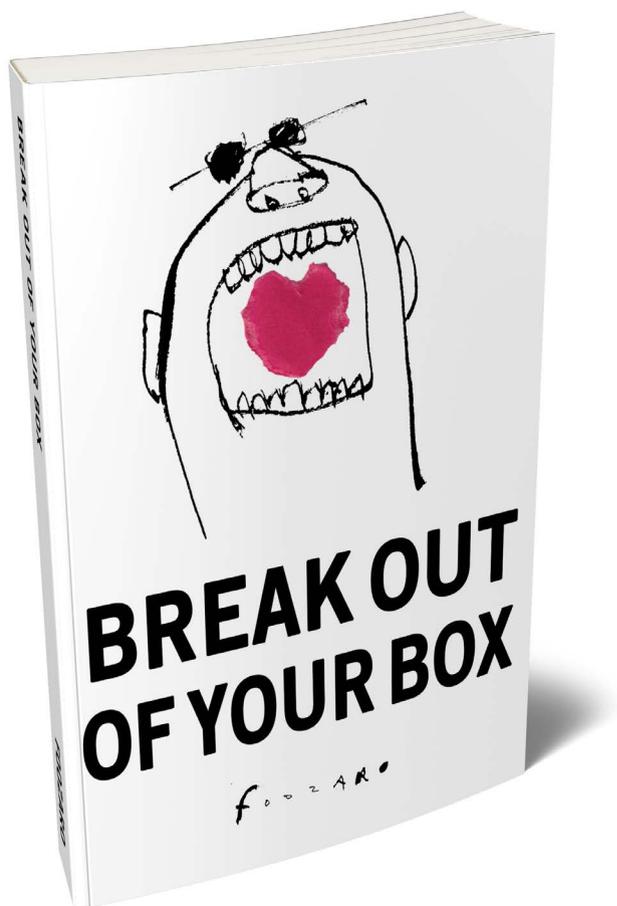
BREAK OUT OF YOUR BOX: Be Your Heroic Self. Written and illustrated by Darrell Fusaro. Published by Goddard & Fox.

My wife and I, are truly thankful for the blessing of having Darrell's touching artwork, and the spiritual inspirations gracing our pages of Keys to Recovery Newspaper. Each time I view and read them, I am reminded of my favorite scripture in the Bible, Romans 8:28 "All things work together for the good, to those that love God, and are chosen according to His purpose!"

The illustrations, captions, and the articles, motivate, uplift, and inspire the reader to look at their specific situations with a sense of humor, and spiritual insight. This book is a culmination of some of the foundational guidance, that I believe God gives to Darrell, his perspectives and perceptions, are on the money in so many ways. My wife and I are extremely honored, to be listed on "The Thank You" page, in Darrell's latest book.

Most of the enlightening chapters in his book, can be found in the past issues of Keys to Recovery Newspaper. God utilizes all things for the betterment of us, which is presented throughout Darrell's collective works. Each chapter recognizes and concisely shows, the uniqueness that we all possess, and by listening as you read all the words within this phenomenal book, the needed wisdom, knowledge, and applications will be retained, to help the readers find future solutions for each of their problems, that can arise daily.

We give this amazing book 5-Stars. Available at Amazon.com



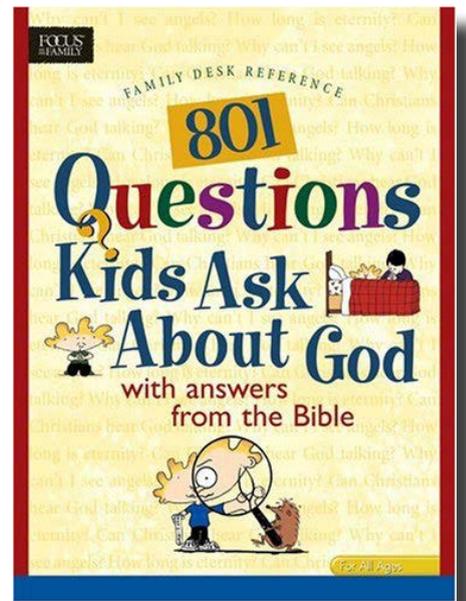
801 QUESTIONS KIDS ASK ABOUT GOD: With Answers from the Bible. Published by Tyndale, of Heritage Builders. A Family Reference Book. By Lightwave & Livingstone, Author Rick Osborne.

This is not the type of book review I usually do, but I feel this is a book that should be in every home, even if there are no children living there.

This book answers so many questions, that children and adults have about God. I feel that many people put off telling their children a lot about God, because they are not sure how to answer the questions children may ask, without just creating more questions. This book can also help adults understand things that maybe they were not clear about. As any parent knows children never get tired of asking the question "Why". This book gives nice short answers that allow you to make it short and sweet for younger kids, or more in depth for older children. Then it gives Bible verses that will back up that answer.

This book is a great tool for Sunday School teachers. Teachers can pick out questions to use as a game, asking children what they think and getting them to talk about their thoughts. Also helping adults who can take a different look at the facts, so many learned when they were in Sunday School.

I sometimes look over the questions when I will be spending time with my great-granddaughter, in case she asks me something I am not really clear on how to answer her. I like this book and I have learned a lot from it. I pray that it will truly help my great-granddaughter, and many other children know and love God. I give this book 5-Stars. Available on Amazon.



ANARCHY AT THE CIRCLE K: On the road with Dead Kennedy's, TSOL, Flipper, Subhumans and... HEROIN. Written by Patrick O'Neil. Published by Punk Hostage Press.

I was already sober when most of this took place, I remember the bands Patrick writes about, as he tells us his story of the behind the scenes 80's "punk" shows.

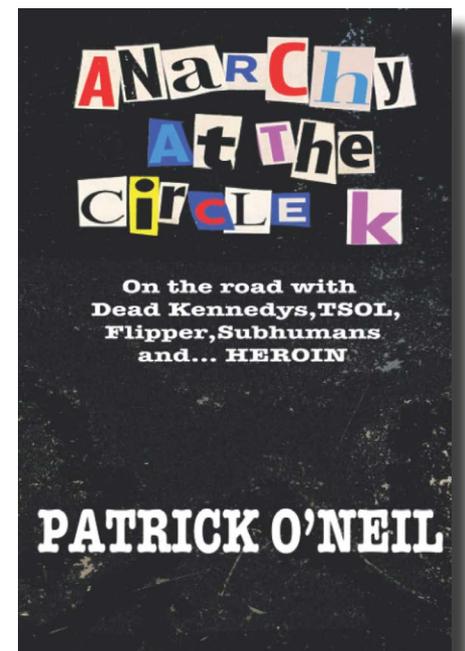
He writes about punk being a way of life, and mentioning he "found his tribe", but even finding his tribe he goes on to say... "Forever feeling like an outsider, I'll struggle with a sense of belonging. In a room full of people, I'll feel alone."

This story is laid out in a timeline by the shows, the drugs, the women, the overdoses, the fights... Show after show, you see the addiction and the self-hate growing. His pain is shared in a way that the reader can truly feel his life, even when we may not have lived it. Patrick talks about his addiction as well as low self-esteem, and his distorted body image.

His story of being on the road takes us with him, across the country and into Canada, which shows you can't outrun addiction. The writing is raw and real, this is not a book for the faint of heart. Patrick writes about his bottom at the end of the book, about an even deeper addiction that leads to desperate measures to "get well". Armed robberies lead him to prison and eventually rehab. Throughout the story he mentions being sober NOW, but this book is about his days on the road, which were some of his best days even through the addiction.

He writes, "For all the ups and downs and deaths and failures...there was laughter, success, love, friendships, passion, and most of all community."

Patrick is a true miracle, to have lived through so much, and to become the man he is today, this is a true story of recovery. I loved every page of this book. Once you finish this book you have to read "Gun, Needle, Spoon", also written by Patrick O'Neil I give this book 5 stars. Available at www.Amazon.com.



Do you have a book, CD, or movie you want us to review? Just send a copy to Keys to Recovery Newspaper, 6930 De Celis Pl. #35, Lake Balboa, CA 91406. You can also email us a digital at: info@keystorecoverynewspaper.com

Advertising Rates & Sizes

Full Page	\$700 - 10" width x 12" height
1/2 Page	\$500 - 5" width x 10" height
1/4 Page	\$250 - 5" width x 6" height
Double Box	\$75 - 5" width x 2.5" height
Box	\$50 - 2.5" width x 2.5" height
Banner F/C	\$700 10" width x 2" height (1 time per year)
Classified Ads	\$25 for 25 words or less. Each additional word \$0.25

Artwork & Deadlines

Advertising Materials: The best type of artwork/graphic to send is in a PDF or JPEG format. Photoshop files and In-Design files are acceptable be sure to include all artwork and fonts.

Advertising Deadlines:

Keys to Recovery Newspaper, Inc. publishes the 15th of each month. Camera ready artwork is due the 1st of the month.

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.

Readership & Availability

You can gain access to Keys to Recovery Newspaper **FREE of charge** go online (www.KeysToRecoveryNewspaper.com) you can read or download the newspaper. If you would like to be notified when the new issue is uploaded, email us at info@KeystoRecoveryNewspaper.com or call us at (818) 386-8400. You can also access all of the past issues.

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. 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. Our newspaper also includes a resource guide listing free services and vital help offered within our community.

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.

Distribution Information

Keys to Recovery Newspaper, Inc. has a readership exceeding 100,000 per month, we are already a solid and formidable presence. 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.

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!

Classified Ads

SOBER LIVINGS 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.Chandler-Lodge.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.

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.

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.

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-\$700 monthly, depending on room chosen. You have the option of paying weekly or monthly no deposits required. We accept the pilot program through DPSS. Close to all markets, bus and 12-step meetings (we have referrals to outpatient services, food banks etc.) We provide transportation for grocery shopping & 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.

Classified Ads

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

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.

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

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

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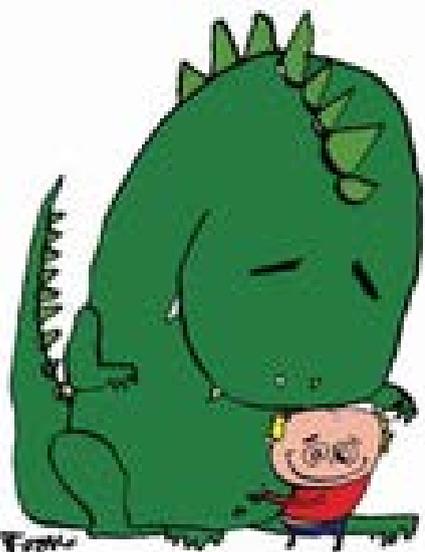
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Vital Services Resource Guide

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

RESOURCE GUIDE

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

Alcoholics Anonymous (A.A.) World Services: P.O. Box 459, 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.aasgvo.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, 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: NEVADA 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, Prop 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.laventanatrement.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.laventanatrement.com

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

TEEN LINE: (800)TLC-TEEN (in CA) (310) 855-HOPE, Teens helping teens. www.teenlineonline.org

The Other Bar: FREE 12 step based peer recovery network for lawyers & law students (800) 222-0767; www.otherbar.org

Workaholics Anonymous: www.workaholics-anonymous.org (510) 273-9253.

INFORMATION & REFERRAL SERVICES

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

Los Angeles Food Bank (323) 234-3030.

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

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

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

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

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

West Valley Pantry, 7304 Jordan Ave., Canoga Park. (818) 346-5554.

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

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.



WOUNDED WARRIOR PROJECT®

877.TEAM.WWP (832.6997)

WHO WE ARE: Every warrior has a next mission. We know that the transition to civilian life is a journey. And for every warrior, family member, and caregiver, that journey looks different. We are here for their first step, and each step that follows. We believe that every warrior should have a positive future to look forward to. There's always another goal to achieve, another mission to discover. We are their partner in that mission.

WHO IS A WARRIOR? Veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001. You are our focus. You are our mission. Here, you're not a member – you're an alumnus, a valued part of a community that's been where you've been, and understands what you need. Everything we offer is free because there's no dollar value to finding recovery and no limit to what you can achieve.

WHY NOW? More than 52,000 servicemen and women physically injured in recent military conflicts. 500,000 living with invisible wounds, from depression to post-traumatic stress disorder. 320,000 experiencing debilitating brain trauma. Advancements in technology and medicine save lives – but the quality of those lives might be profoundly altered. The numbers speak for themselves, because not every warrior can. With the support of our community of donors and team members, we give a voice to those needs and empower our warriors to begin the journey to recovery.

WWW.WOUNDEDWARRIORPROJECT.ORG

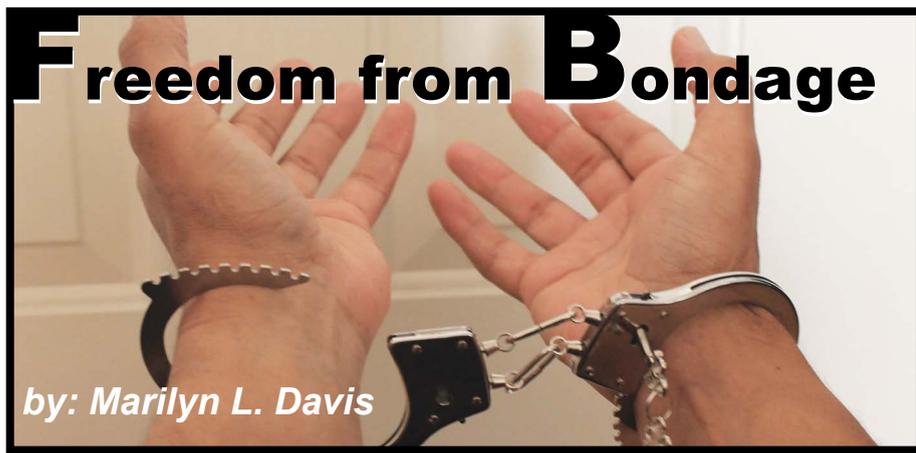


WOUNDED WARRIOR
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FINDING NORTH

This was written in 2021, and can be found at: <https://fromaddict2advocate.com/finding-north-a-journey-from-addict-to-advocate-is-published/>. We miss Marilyn and her monthly contributions to our recovery newspaper.

Why Did I Write Finding North: A Journey from Addict to Advocate? : Throughout my life, I've crossed paths with people just like myself, who ask the same question I did – "What if"?

Sometimes that question was merely a reflection; other times, I wondered what my life could be like if I gave up drugs and alcohol. Then there were the times that I regretted a choice I'd made and felt guilty.

How many times have you asked yourself that same question?

If you're wondering about giving up drugs and alcohol, I hope Finding North will encourage you to do so.

What If Our Lives Are Different?: Are our external lives similar? Perhaps not, but when it comes to the feelings, thoughts, and behaviors of addicts, I'm sure that you'll relate, and that is the purpose of this book. To help you see that you can recover, too.

I wrote this book to show how different and yet, distinctly typical an addict's path is. We're all unique, but the same; individuals, but a group. And in choosing recovery over addiction, takes guidance, support, and help from others.

We All Have Support When We're Doing the Right Things: So let me thank those who helped me on the journey, and were instrumental in creating Finding North.

First, I am grateful to my daughters, Dannella and Andrea, and my sister, Dianne. They showed me forgiveness and allowed me back into their lives. I feel much gratitude to my parents, Mary and Walter Davis for understanding Gray Hawk's vision when I was uncertain, and not giving up on me even when they couldn't support my decisions.

My grandchildren, Bailey, Parker, Emma, and JB, because they allow me to be a child with them. Never having seen their mothers or Nana use, they represent the promise of breaking the addiction cycle.

Gray Hawk was a 74-year old Native American, with 34 years in recovery when I met him. He knew I was the woman to open the house of healing for other women, when I had no idea who I was.

The women who came to North House to heal, and in turn, taught me to play, learn to trust women, and confided in me their secrets. I hold them all near to my heart and keep a God Box today, knowing their lives are ultimately in God's hands.

The 2nd Set of Eyes: Claudia Ricci, Catherine Townsend-Lyon, and Shahnaz Radjy were the editors, proofreaders, and second set of eyes that every writer needs. But more than that, they are women I trust with not just the syntax, but the substance and secrets of my life.

To everyone who shared at a 12 step meeting, your words guided me in 1988, and those same words continue to enrich my life today.

As an addict, I hope you find in this memoir the commonality of our feelings, thoughts, and poor choices in our addiction, and our ultimate redemption through our recovery.

Full Circle: Black Elk, said that Great Spirit caused everything in nature to be round. "... You have noticed that everything an Indian does is in a circle, and that is because the Power of the World always works in circles, and everything tries to be round. In the old days, all our power came to us from the sacred hoop."

My father never saw North House and passed on May 12, 1990, but even with his garbled speech, the message came through while I was visiting him at the hospital. "Marilyn, you have exceeded your potential. I'm proud of you and love you."

Those were some of the last words he said to me. I keep them close to my heart and remember.

My mother and I reconciled many of our differences, forgave one another, and got treatment for her OCD. She passed on December 17, 1994. Her passing helped Andrea get into recovery, and she recently celebrated 25 years of continuous recovery. Dannella recently celebrated 19 years in recovery.

Each of my daughters is a mother today, having their children after they got into recovery, which means that none of their children, my grandchildren, have ever seen any of us use. Perhaps the cycle of addiction is broken.

Gray Hawk continued to provide an Alcoholics Anonymous study group at North House, and passed in 1996.

Over the next 21 years, North House served over 1000 women, many of whom are still in recovery. Some relapsed; some died.

The house won multiple awards and, was a THOR provider for the Department of Pardons and Paroles, Georgia.

North House partnered with 18 Drug, Alcohol, and Accountability Courts in Georgia, providing residential services to those women who weren't successful in the judicial model.

Working with Brenau University, nursing students completed the circle with the University. They sent me to treatment, and I gave back by creating a 16-hour psychiatric clinical for 4th year nursing students. In 2008, Brenau University began the Marilyn Davis Community Service Learning Award, given yearly to recognize advocates in recovery, nursing, healing, and wellness.

In 2010, I was the recipient of the Liberty Bell Award given to non-attorneys and judges for contributions to the criminal justice systems, and communities. I had worked to increase awareness within the judicial system that sentencing should include treatment rather than incarceration in many cases.

From the Gainesville Times, "Davis started North House in 1990 and has worked closely with court officials. For 20 years, Marilyn has been a driving force in helping thousands of addicts shattered by drug abuse lead better lives," presenter Graham McKinnon said. "Marilyn's passion is on display every single day."

Later that summer, we celebrated 20 years of healing at North House with a ceremony in the park near the house. Graduates of the program, my extended family, business supporters, board members, and the Master Gardeners were present to commemorate their donation to North House – new plantings.

Just as I became an advocate for women, recovery, and the process of change, I sincerely hope that this inspires someone, somewhere to open a house of healing or to listen to their inner guidance.

What begins as a small thought, a sudden inspiration, or a cosmic smack on the back of the head – all are signs that might lead someone to believe that they too have a calling, a vision, or a dream.

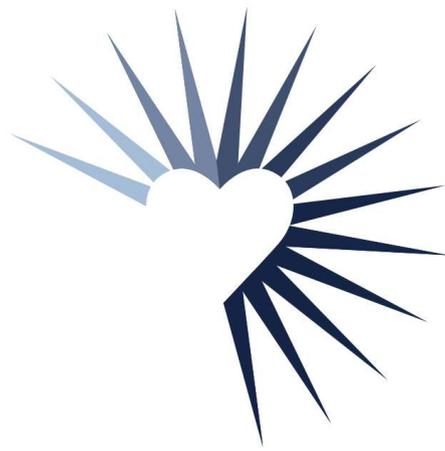
Whatever obstacles, internal or external, they overcome to facilitate these become part of their circle.

While I would welcome someone contacting me with news that they want to open a house of healing, I must accept that, like my father, who never saw North House with residents, I may not know about how or if this inspired someone.

In the circle of life, my father's contributions and inspiration were significant. Perhaps this will be inspirational as well, and I do not need to know of its influence.

Marilyn L Davis was the Editor-in-Chief at From Addict 2 Advocate and Two Drops of Ink. She was also the author of Finding North: A Journey from Addict to Advocate and Memories into Memoir: The Mindsets and Mechanics Workbook, available on Amazon, at Barnes and Noble, Indie Books, and Books A Million.





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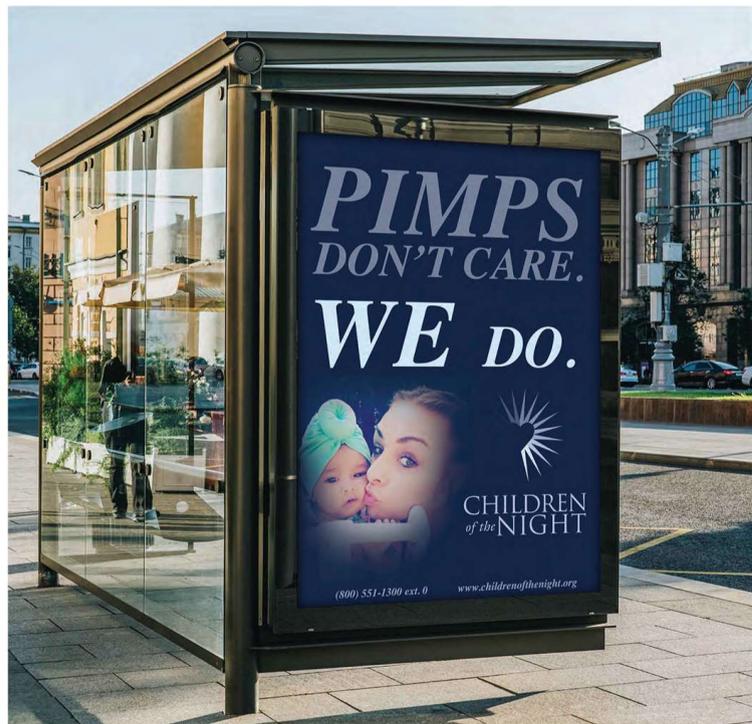
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