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November 2022

# KEYS TO RECOVERY — NEWSPAPER, INC. —

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

Look up some or all of our past issues, 2015 *"Addiction is Wearing A Mask"*; in 2017 *"Does an Attitude of Gratitude Affect Recovery?"*; in 2018 *"Gratitude The Key to Happiness."*



In 2019, *"Gratitude Turns What we Have into Enough"*; in 2020 *"Quit to Win"*; and in 2021 as always, delivering HOPE *"Don't Quit Five Minutes Before the Miracle"*.



**Join us for our last TWO Issues.**

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

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Of Recovery**  
Page 4

**Tell God What You  
Really Really Want**  
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Managing The Holidays**  
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# About Us

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





There are only TWO months left until we stop publishing NEW issues of Keys to Recovery Newspaper. We are getting the best articles lined up for our last two issues. We started strong and we will finish even stronger.

We just want to confirm that our website will be LIVE, so that anyone anywhere can access any of our past issues FOR FREE.

As we wind down, I realize that I will have more time for self-care, and I see that we can take care of our needs without becoming selfish. As always, it comes to learning how to balance our life. I need to fill up my spirit, and my body, so that I can pour into others. I believe that I am meant to live a life of purpose, and that purpose is to bring hope and light wherever God leads me.

The better I take care of myself, the more I can live a life of giving to others. I need to make sure that I am balanced emotionally, physically, and most important, spiritually. One way I can tell that I am running on empty, is that I get annoyed easier. One way I know I am full is that laughter comes easily. Knowing myself is the key to taking care of myself, and knowing my limits. Also having people around me, who are honest with me, and care enough to put me in check, when I am not in balance.

You would not expect your car to run without refilling or recharging it, don't ask yourself to run on empty. I also realize that my expectations of myself are so much more, than what others expect from me. Even Jesus took time to recharge.

Some days I cannot do it all, and that's okay. Joel Osteen said, "The sun will still rise even if I don't finish everything." I have learned that the better I feel, the more I can do for myself and others. They say it is easier to stay healthy, then trying to regain your health. Burnout is not a way to live. Sometimes we get burned out, no matter how hard we try to take care of ourselves, the important thing is to stop and recharge.

I feel so blessed to have this life. This October I celebrated my 61st birthday. In my addiction, I never thought that I would live this long, God had other plans.

**Thank you & God bless you! - Jeannie Marshall, President & Co-founder**

Hello to one and all, Jeannie and I will forever be thankful, for each one of you reading Keys to Recovery monthly. We have been counting down to these last two months. November has been very revealing in many ways, in realizing how much our newspaper is such a huge part of our lives and recovery. It dawned on me last month in October, while we were celebrating birthdays for our beautiful Granddaughter Zoe, our daughter Dominique, and my wife Jeannie. I was enlightened of how much my time, sobriety, and my perceptions were tied into being part of Keys to Recovery, during the last nine years. My perspectives have been heightened as well, my views on many levels have been seen with more clarity, giving me more inner peace.

Having the opportunity to meet and speak with so many individuals, who possess such a vast amount of knowledge regarding recovery, will be sincerely missed. I have been so very blessed, to have received incredible insight, as well as technical applications, and the experiences from so many. I am indebted to the dedicated individuals in recovery who shared with me, their one sole purpose, helping to bring long term sobriety to those, who are still suffering with addictions and disorders. There are many aspects of our business that will be greatly missed, one of them will be, no longer working with our dedicated delivery drivers anymore, our friends who helped us to become a well-known recovery newspaper.

There is the saying that "all good things must come to an end", we like to also believe that different good things will come! My wife and I are looking down the road to recovery, for different avenues to help be of service. There is another saying, "when one door closes, another opens!" optimism is the outlook that we have for the future. These last two months are going to fly by quickly, yet we will savor the time that will be given. We are appreciative for all our readers, thank you! Until we come together once again for reasoning, may God uplift, guide and protect each one of you daily. - **Marcus Marshall, Vice-President & Co-founder**







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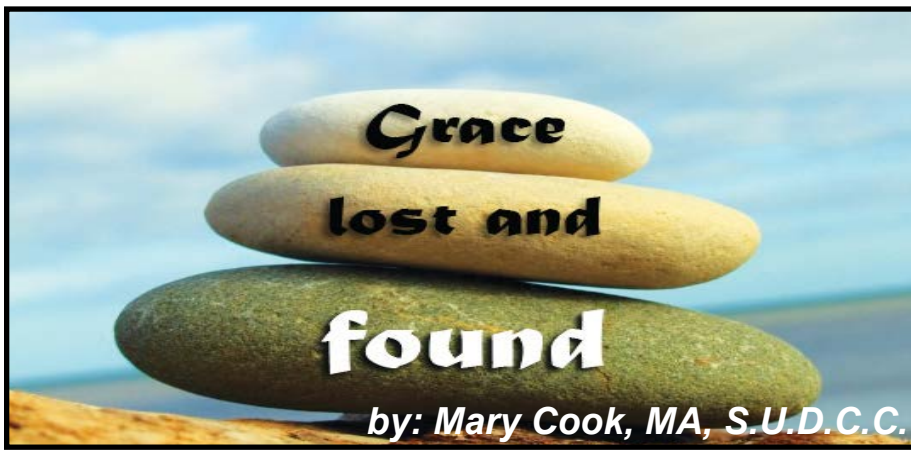


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## THE SPIRITUALITY OF RECOVERY

If we believe the God of our understanding creates life, then we realize our divine origin. Human beings have free will however, which allows for substantial deviations from spiritual practices. We enter this world open to experience, and desirous of conditions, which enable us to thrive. Any elements discordant with our best interests are experienced as pain. The more pain we experience without resolution, the more we mistrust and withdraw from inner and outer awareness. When our healthy needs are denied, we learn to settle for much less than what we deserve. Defenses become our means for survival when we have no other models or tools. Like scars covering wounds, they enable us to function in dysfunction. Yearning still exists however, for a far better experience of self and life. For some, this leads to drug use and can progress to addiction.

*Every wound given & received  
that goes unhealed,  
and unenlightened is  
poisonous to us and others.*

Addictive disease is not just putting drugs, which are poisons, into our bodies. It's embracing abuse, crime, defense mechanisms, dishonesty, irresponsibility, insane thinking and behavior, paranoia, prostitution, self-loathing, shame and violence. Anything good in our lives at this time is either lost or becomes sick because we are lost and sick. Every wound given and received that goes unhealed, and unenlightened is poisonous to us and others. We are a toxic waste dump of sick actions, attitudes, beliefs, feelings, goals and values, and we threaten everyone and everything in our path. Our life lacks purpose, substance and spirituality. We accept poor imitations of needs and delude ourselves into thinking this is what we really want.

We settle for sex because we can't recall what love is. We settle for the street because we've lost directions to the home inside our soul. We settle for control because we have nothing of value to share or receive. We settle for violence because we have no inner strength. We settle for incarceration because we've so severely narrowed, and denigrated the possibilities for our life. We settle for self-righteousness because we're afraid of the depth and mystery of God. We settle for drug highs because we've forgotten our heavenly heritage.

The disease of addiction tells us that all we need is a never-ending supply of drugs, and we will feel ecstatic, loved, powerful, safe, satisfied and serene. We often do feel these things during the honeymoon period of drug use. As addiction progresses, the physiological dependence becomes more powerful than the psychological dependence making it difficult to stop using even if we realize the desired effects have dwindled.

When we're ashamed, beaten, broken, dirty, disgusted, scared and sick enough to ask for help, however, we begin to see more clearly just how far into madness and deceit we've descended.

Recovery tells us that we can no longer afford to run from pain and hide from truth. We must examine ourselves and our lives thoroughly and deeply, dismantle every one of our false beliefs, experience our emotions without defenses and change our actions to reflect the principles of recovery. We must find the God of our understanding and cultivate that relationship before all others. The foundation for recovery is continuous spiritual fitness. We need to remember that we are children of God, and let our lives demonstrate this truth. If we believe God is the source of the highest form of love, and life is created from that love, then our task is to identify and develop everything good within us, and give those gifts freely to others.

With God as our teacher and parent, we can interrupt the flood of fears and experience the silence that brings peace to our soul. We can love ourselves rather than force conditions on our worth. We can recognize that life is a gift and each day is sacred, rather than rush through time distracted and inattentive. When we know that God's love has no beginning or end, we can believe in eternity. When we forget that, we fear change and death. When we accept that no problem is too small or too large for God, we have faith that our problems will ultimately be transformed into lessons, growth and new ways to help others.

God knows we become wounded, scarred and armored in life. God knows the armor becomes a dagger that re-wounds. God asks us to remember that we were given the gift of free will, and that we are here to grow. To learn the secret of healing, we must be wounded and wound. To learn maturity, we must lose, then regain our spiritual wisdom. To learn the way back to paradise, we must become all that God intended for us. There are thousands of ways to be sick, and there is one way to become well. That way is to surrender our free will back to God. When we say, "Thy will be done on earth as it is in Heaven", that is how we discover the kingdom of Heaven within us. That is how we stay connected to the unending source of God's goodness, and how recovery blesses us divinely.

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", at Amazon.com



### MARY COOK

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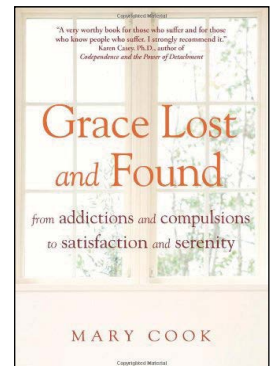
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## TELL GOD WHAT YOU WANT WHAT YOU REALLY REALLY WANT

When it comes to prayer, do not be ashamed to ask for what you want, what you really really want. Whatever your need is do not hold back in asking for it. Personally, I would highly recommend that you be extravagant in your requests. God wants you to be happy, ridiculously happy. There's no good reason for anyone to hold back from asking for what they want, what they really really want.

There is no virtue in suffering. Being sick, or poor doesn't make us happy. Neither does it make God happy to see us suffering in any way. So, our job is to get clear about our needs and our desires, and to simply ask for them. The Universe's response is always, yes! Therefore, being wishy-washy in our prayer requests, will not bring the desired results. If you want to make God happy, stop pussyfooting around, get honest about what you want and need, and don't be ashamed to ask for it.

The power of your prayer depends upon the amount of faith (joyous expectancy), that you yourself have in it. God is responsible for results; all we're responsible for is to have the belief that God is on it. Enjoy believing that once your request has been made, God gets busy working on the unseen plane to bring it about. This is what is meant by having faith in prayer. It is to delight in the images of your prayer having been answered, while rejoicing in the serendipitous happenings that occur along the way.

When I was twenty-three years old and having just begun to understand the laws of mind, and how to cooperate with existing spiritual principles, the lease on my apartment was coming to an end. I was undecided whether I should extend my lease.

I was still not one hundred percent convinced that I could rely completely on faith in a Higher Power to meet my needs and improve my circumstances. This being the case I was leaning toward playing it safe and remaining where I was.

When I brought this up with the man who became my mentor, his response was adamant. "It's time for you to move up and out from where you've been, and into your new life."

I gave my notice and felt a bit anxious stepping into the unknown. "I don't know where to begin," I said.

"It's easy. We know your monthly budget for rent. Now you just have to write down what you would like your new apartment to have." He said.

I wrote down everything I pretty much already had, a studio apartment with air conditioning located in the same neighborhood, since I could walk to work. When I showed him my list he looked it over and asked me, "Don't you want covered parking?"

"Yes," I said. It was something I had but forgot to add to my list.

Then he continued to prod me along with more questions. "How about a view? Ocean view or mountain? Pool deck? Jacuzzi? Furnished? Kitchen? Microwave? Dishwasher? Plants in the unit? How about a ficus benjamina plant? Why not a one bedroom? Secure building with an attendant in the lobby?"

I began to feel like I shouldn't be asking for so much. As if he could read my mind he said, "Don't hold back, be extravagant in making your list."

"Are you sure?" I asked.

"Yes. You must let God know what you want.

Then, simply do what is in front of you to do, knowing that God will give you what you asked for, or something even better," he said.

I trusted him and with abandon I continued to make my list. After I was done, I had a sense of joyful expectancy, and wonder as to how God would bring it all about. Incredibly, making this list relieved me of any anxiety I had over finding the right place at the right price before my move out date.

My footwork was simple; go to work, check the newspaper for apartment listings, and when I found a furnished one that met my budget, make an appointment to see it. This went on for a bit, and when it got down to just two weeks prior to move date, I'd treat any doubt I had with this affirmation; "Everything is in divine order. God works with perfect timing. I'll have the perfect place at the right time. and at the right price."

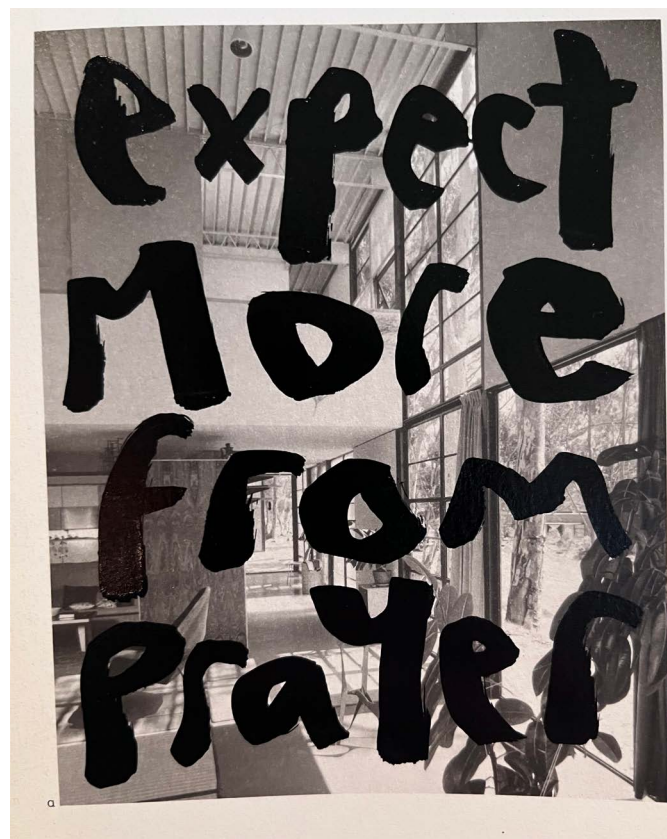
About a week prior to my move out date, there was a new listing for a furnished apartment that met my budget, and was in the same neighborhood. The listing gave a date and time for an open house viewing. When I got to the building it was wonderful. There was security and front desk. The unit was on the top floor. Stepping into the unit I couldn't believe my eyes. An open floor plan with a floor to ceiling ocean view to the balcony. Bright light and tastefully furnished. There was even a ficus benjamina plant! Then the realtor directed me to the bedroom downstairs. It was a split level, and the bedroom faced in the opposite direction with a floor to ceiling mountain view. It had it all.

There were several people at the open house while I was there. The realtor handed out applications and they were being filled out on the spot. One of these folks was a young man probably the same age as me. We were both in agreement about how amazing this place was. As I was reaching for an application I asked if he was going to fill one out too. He told me probably not, he thought that since there were so many others applying his chances of getting it would be low. I told him that I thought the same thing, but why limit ourselves now?

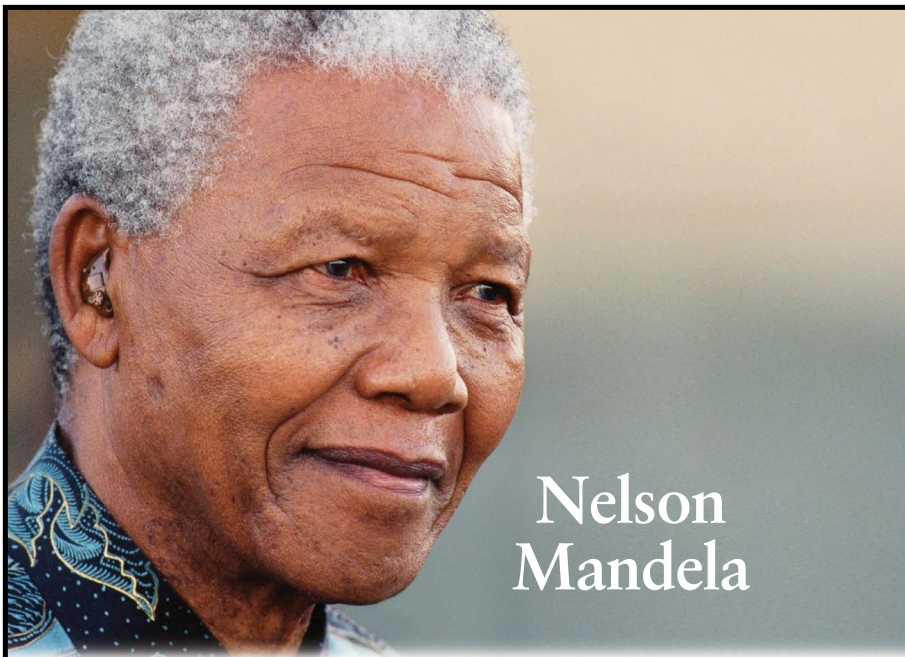
As we were filling out the applications, the fear of lack had me think that I was diminishing my chances by encouraging him to apply too. This idea was quickly extinguished by surrendering to the fact that nothing, absolutely nothing happens by mistake. If it's mine by divine right nothing can take it away. If not, something even better than this is in store for me.

The following day was a Monday, and I received a call from the realtor offering me the apartment if I was still interested. The great reality about prayer is this, if you know what you want – you can have it – including the ficus benjamina plant.

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.TheWillMakeYouHappy.com](http://www.TheWillMakeYouHappy.com)







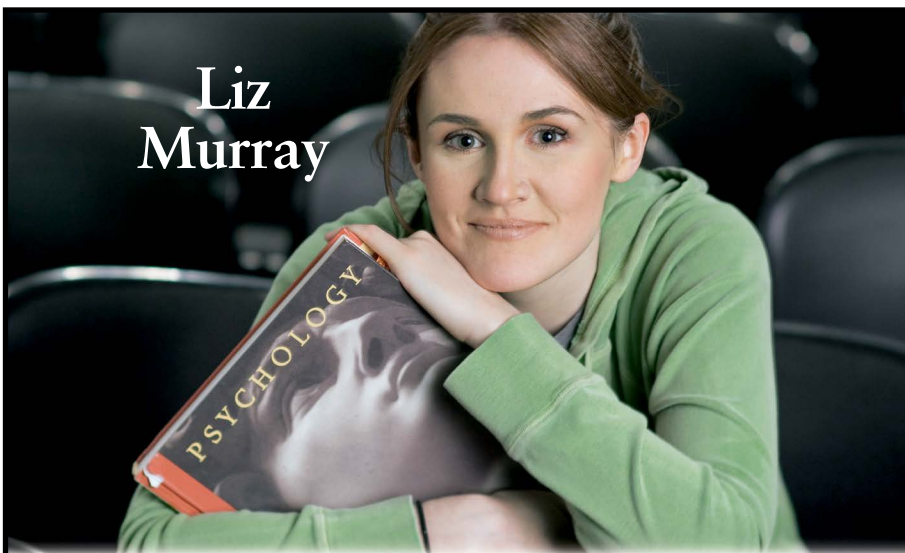
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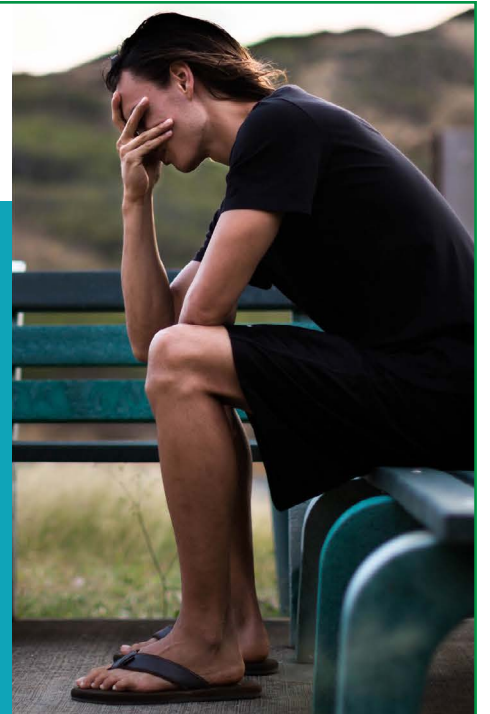
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## THE DIFFERENCE BETWEEN PROBLEM GAMBLING & GAMBLING ADDICTION

ORIGINALLY PRINTED IN OUR APRIL 2017 ISSUE

I get asked the question from my readers and people in recovery, if I know the difference between problem gambling and full blown gambling addiction. The only way I can answer this question is my personal view, and how I came to reach out for recovery from a gambling addiction. And those who work in the treatment arena have many labels for gambling disorders, problems, or addicted gambling. But we know we have to address it by some name, to be able to distinguish between the two.

Problem gambling is usually used as a term to see if one has a problem with gambling, or they are an addicted gambler. Like a precursor to having a full blown addiction. Since gambling addiction is a slow progressive disease and addiction, the signs and symptoms increase from having a problem into a full blown addiction. My friends of HelpGuide.org share this information about both problem, and addicted gambling to help see more differences between them.

The HelpGuide.org Says; "Problem gambling - is any gambling behavior that disrupts your life. If you're preoccupied with gambling, spending more and more time and money on it, chasing losses, or gambling despite serious consequences in your life, you have a gambling problem. Of course, you can also have a gambling problem without being totally out of control.

Gambling addiction - also known as pathological gambling, compulsive gambling or gambling disorder, is an impulse-control disorder. If you're a compulsive gambler, you can't control the impulse to gamble, even when it has negative consequences for you or your loved ones. You'll bet whether you're up or down, broke or flush, happy or depressed, and you'll keep gambling regardless of the consequences—even when you know that the odds are against you, or you can't afford to lose.

A gambling addiction is most associated with other behavior or mood disorders. Many problem gamblers also suffer from substance abuse issues, unmanaged ADHD, stress, depression, anxiety, or bipolar disorder. To overcome your gambling problems, you'll also need to address these and any other underlying causes as well."

My personal experience as first being a problem gambler is pointed out above; I noticed I was spending more time and increasing the amount of money I was betting as time went on. And for me, I was doing this out of having a lot of time on my hands. My husband worked out of town a few months at a time, so I started going more and more after work from being lonely. Then I began to go before work, after work, and when I crossed the line into addicted compulsive gambling, I was going on my lunch hour too! All signs of becoming an addicted gambler, not a problem gambler any longer.

Some other things to think about, if you or someone you care about has a gambling problem? Because it is NOT about the MONEY, as gambling addiction is known as "the hidden illness and addiction." And it is why I advocate, inform, educate, and raise awareness, because there are no obvious physical signs or symptoms like there are in drug or alcohol addiction, like; feeling the need to be secretive about your gambling. Once you start gambling, can you walk away? Or are you compelled to gamble until you've spent your last dollar, upping your bets in a bid to win lost money back? How about gambling until you've spent your last dollar? And then move on to the money you don't have, money to pay bills, credit cards, or things for your children.

You may feel pushed to borrow, sell, or even steal things for gambling money. These are classic first signs. So what can a person do if they have crossed the line into full-blown gambling addiction? Get Help! And there are many resources, and sites that provide help for problem gambling, or if you do become addicted. Since I had crossed over the line from problem gambling into gambling addiction, I needed all I could get my hands on in able to stop, and enter recovery.

Yes, it did take me a few tries, and my addiction had reached a point that I had a failed suicide attempt, my addiction had gotten that bad. From a hospital and transferred to an addiction/mental health facility, that choice to enter treatment was made for me as that was how "hopeless" and dark my gambling addiction took me. But it was the best thing that could have happened. After a few days of suicide watch, I began therapy, treatment, education, and began to learn the skills and tools to stay in recovery, and apply them. Also, I learned I was suffering a long time with undiagnosed mental health disorders, and began treatment for this at the same time.

I feel this was my recovery beginning and it saved my life! But one thing was missing; I also needed to learn the skills and tools to start the "inner work" that is vital, including my 12-step work. I needed more. We all come from many different paths of addiction; we are spiritually, mentally, emotionally, and physically broken.

Our health also suffered as we don't eat right, exercise, nor even make health appointments, as we are too deep in a hole within our addictions. Like in the start of this article, my friends of HelpGuide.org said; "To overcome your gambling problems, you'll also need to address any and all other underlying causes as well."

Many of us find during treatment; we may have old issues we need to learn to process, work through, forgive, and learn to let go to achieve a steady recovery. Addressing old hurt or pain, or maybe past trauma, abuse, or a rough childhood, or come from a family background of drugs or alcohol, or family dysfunction. All these areas may have caused us to turn to addiction. My recovery needed both learning those tools and education, the cycle and how to interrupt it, and shown how to begin my "inner work" all at the same time to reach long-term recovery. I do this in many ways.

I journal daily, I meditate and pray, I write articles and read books, and by being of service to others recovering. I sponsor others and more. All of these ideas keep me on the right track in my recovery. Let's remember, recovery is not a race. It will be a lifetime of self-reflection, and progress one day at a time. Recovery is POSSIBLE!



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

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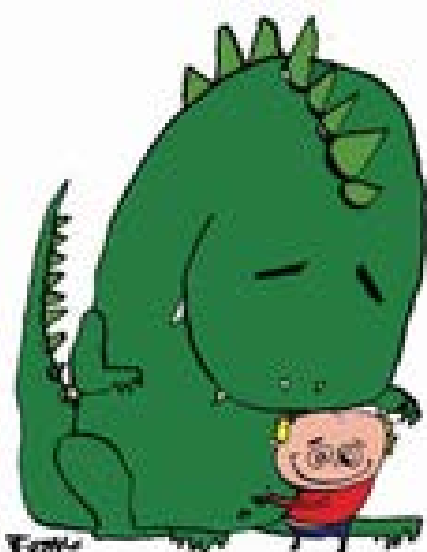
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## REDEMPTION IN RECOVERY

My name is Tonya, but I've been called many names over the years. I am a 50-year-old recovering addict. My mother was 19 when I was born, and I was child number 3, from husband number 3. There was a lot of different types of abuse going on in my family. My mother being an addict herself with a 4th grade education, really didn't know what to do with us, or how to love us, as they say her taste in men was deplorable. But she always said she'd die in hell before she'd ever admit that she was a failure as a mom like her mom was, who was an alcoholic.

I was molested from the early age of 4, until around the age of 7. My abusers were family members, a preacher, and those that were supposed to love and care for me. The preacher started paying me to stay quiet about the abuse. Between that and my mother saying, that "as a woman I should never be broke," it made sense that I allowed myself to be led down a path of addiction, prostitution, being sex-trafficked, and homelessness.

My addiction started out huffing gas and paint, then smoking weed and drinking, and eventually much harder drugs, like crack and heroin. A family member suggested to me it would be easier for me to sell my body if I was under the influence of heroin, and that I would feel totally numb. After the first time I tried it being numb, I made every effort to stay in a constant state of oblivion.

My solution to escaping my home, family, and abusers was running away from home at the age of 12.

It had become clear to me that using sex, was a way to make money to support myself while on the streets. At the age of 14, I begged the owner of a top-less bar to help me. I explained to him that I had three choices; I could stay home and be forced into sexual abuse for free, I could work the streets and get paid money for sex, or he could give me a job and I could get paid for people just to look at me. It seemed to be the least painful option to me and evidently him as well, so he gave me a job stripping.

When things got too difficult at home, I'd runaway to live in the streets, when the streets got too tiring, then I'd have the authorities return me to my home. It became a vicious cycle. I'd hoped the authorities would recognize the red flags, and see that something was wrong with my home life, but that never happened.

At the age of 13, I tried taking my life by overdosing, but fortunately I didn't succeed. I figured no-body expected me to live past the age of 18. I settled with the thought that I was going to die with a needle in my arm, and a pipe in my mouth, and nobody would even know or care that I was gone.

But God had other plans for me. He brought me back from every overdose and He let me survive every beating I ever endured. Many people had told me in life that I was pretty, or that they loved me, but I felt there was no way someone could love me. I didn't even love myself. But someone did, and that someone is God.

I didn't raise my children. I thought they deserved better than what I could give them, so I left them behind. Everyday I heard the cries of my children in my head, so I convinced myself, and others that my children were dead.

But after coming into recovery, I've realized they're not dead, and I'm now beginning to have more contact with my beautiful children, and my grand-children. And I hope one day to have a healthy relationship with all 3 of my children.

I am free now. I haven't worked the streets in over a year, and I am staying off drugs, one day at a time. God is so good! He has removed my desire to work the streets and he has made me yearn for a better life without the use of drugs or alcohol. I also know that he will help me through all of the obstacles I may face. Now I want to help those that are suffering and who have survived sexual abuse, to show them it is possible to get off the streets and into recovery so they too can change their lives. I want to help women who see no way out, and show them there is a way out, take them by the hand if need be, and walk through the fear of it all with them.

I have friends now and people that believe in me, and who advocate for me when it's needed. I have done a lot of damage in this world. It would be unfair for me to claim to be a victim, with the number of lives that my lies, deceptions, and addictions have destroyed. Most of the pain I've caused, only God can forgive me for. I know this because, finding forgiveness for myself is turning out to be the hardest part of my recovery. That, and learning to tell the truth, no matter how much the truth hurts or how difficult telling the truth may be for me, I'm committed to doing it. I have learned to stop being the conniving drug addict I was on the streets, and practice open-mindedness, honesty, and willingness. I want to become the beautiful woman God created me to be.

Currently, I'm attending a couple classes at my local community college. I'm no longer living in the streets, I moved out of a homeless shelter and into a sober living, and I'm now paying my own rent, and learning how to be self-supportive and independent. Hopefully In the near future, I will start school full-time to get the education and training I need, to do something positive and productive with my life, but also to be able get myself into an RV to travel in, or an apartment of my own. I've had to overcome so many obstacles, but I'm learning to push through to complete them, instead of giving up out of frustration.

"One step at a time" has been a helpful slogan for me to put into practice. Though recovery is hard, I feel it is the best thing I can do for myself, and to help me achieve my goals and dreams, that I never thought I even had. I know I can do this, and you can too.

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## FERNANDO'S JOURNEY TO POSITIVITY & RECOVERY

At the young age of 5, Fernando started noticing that the men in his life drank heavily. As he grew up, he remembers thinking that drinking must be a sign of manhood. It's what he thought he needed to do in order to be a man.

He started drinking at a very young age. By 4th grade, he was smoking weed, and he began using hard drugs by middle school.

Soon, he found himself in trouble with the law. He almost died on several occasions due to drug related violence; and he has the scars to show it.

He lost count of how many times he has been arrested (his guess is 20-30) or how much time he has spent behind bars, but he does clearly remember that the drug use he saw while in prison, was just like what he saw on the outside. As he explained,

***"Negativity was around me my whole life, everywhere."***

He did two stints in rehab, but back then, he still thought he could fool everyone. His plan was to go to the program, continue his drug use, and hide it from his parole officer. It didn't work. Even his own mother lost hope. His third and final chance to avoid a much longer prison sentence was to enter the program at Fred Brown Recovery Services. This time, he decided to take his rehab seriously.

***"Whatever I need to do for my recovery, I do. Instead of chasing negativity, I chase positivity."***



**Fernando (gray sweatshirt) with his Strides in Recovery teammates at Fred Brown Recovery Services, before a group run.**

Shortly after he arrived at Fred Brown, he joined the Strides in Recovery team and began running regularly. He soon discovered that exercise made him feel physically better, and that made him feel mentally better.

***"If I get up and run, it helps me stay focused. It made me start thinking about getting a job when I finish rehab. Without running, nothing would have come together for me."***

He continued running after completing residential treatment, and soon took up boxing at a local gym. He also began a full-time job at a warehouse. His new routine is to ride his bicycle to and from work, 3 miles each way, up a big hill, and go to the boxing gym afterward. There he trains, and mentors others.



**Fernando at Dinamita Boxing and Fitness, where he trains and helps others.**

And, when he has Thursday mornings off, he comes to run with the men currently in residential treatment at Fred Brown.

He attributes his sobriety to three things: 1. Fred Brown Recovery Services 2. Strides in Recovery and 3. Helping out at the boxing gym

***Reflecting on his new life in sobriety, he says "Recovery to me, it's a way of life; and I have to have physical activity in my life every day."***

His advice for anyone in early recovery:

***"You have to change everything that's negative. Live a healthy balanced life."***

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](http://StridesInRecovery.org)



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## MENTAL HEALTH, RECOVERY & GOD

I've been in recovery since 2010, from the time that CPS (Child Protective Services) took custody of my 18-month-old daughter, due to my use of methamphetamine. In 2011, we were reunited as a family. In 2013, I relapsed and again CPS came into our lives, this time for domestic violence as well. We had a son then, who was diagnosed with Downs Syndrome. My son was 18 months old, and my daughter was 4 years old at that time, this was the first time that I was arrested. From that experience I was able to gain three years of clean time, until something happened in late 2016. That relapse took me into to a deep viscous cycle, which introduced me into using meth intravenously. I couldn't believe who I had become, and how I was hurting those I loved most.

Earlier in life, I had been diagnosed with infertility, so it was a miracle that I even had my kids. My husband was even willing to forgive me, and I didn't understand why I was letting this beautiful life go down the drain, for a life of misery as a drug addict. I didn't want to give it up, but I didn't feel I could ever live without drugs, that's the deception of addiction. I was just so miserable inside, because of my mental health problems, I didn't have hope. In one of my later attempts, I had gotten a few months clean, and 1 year clean a couple of different times. I was desperately trying, but the underlying issue was I didn't really want to live or stop using. I struggled daily, but I didn't give up. Nothing seemed to work for me for the long-term.

In late 2019, I was arrested again, this time for being in a THC-induced psychosis, and again for domestic violence against my husband, I did 38 days in jail. At my court date, I was ordered to do 30 days in a sober living, be a part of a mental health program for 1 year, and 4 years of probation. My first probation officer knew I was more suited for mental health court, so he submitted me as a candidate. When I was approved into the program, my new probation officer worked with me, to make sure that I received all the services available to me. I felt safe and supported by the staff of the court, I was able to be honest and let them know when I was struggling, and if I needed more help. They helped me get services through our local Mental Health Clinic, where I attend groups and receive additional support.

They let me know they were all there to support and help me to succeed. I learned to become rigorously honest about what help I needed, because I felt so grateful for how supportive and safe, they made me feel. I've learned so much in recovery, and I've been able to heal from some of my past trauma. The lessons that I've learned, have become an invaluable experience in my life. I didn't know it at the time, but God was leading me out of a brokenness I didn't even know I had. He knew he had my love and devotion, but I really needed to learn that belonging to God, is where I would find my identity, and the worth that I am to Him. I'm learning not only to trust Him, but how to apply His teachings and principles to my life.

I know that relapse is possible, and maybe likely for me, but I also know with God, anything is possible. My hope is that my story may help others, and to share my testimony of God in my life. It's because I knew God first loved me, that I even know what love is, and I had to find out the hard way, that is all I need. The 12-step program, and all the people who support me, have also been a great help. I think my journey has been very hard for me at times, but I now have peace over it.

*About me: My name is Maedene Kaminsky, I'm 52 years old, I have a wonderful husband, and two beautiful school-aged kids. I dedicate most of my time to my recovery, and continued healing with my family and God. I live near the coast in Ventura County, and I love animals. We have 12 birds, 2 chickens and 3 cats. In my spare time I enjoy reading, writing, and making candles.*

# GOD HAS NOT FORGOTTEN YOU



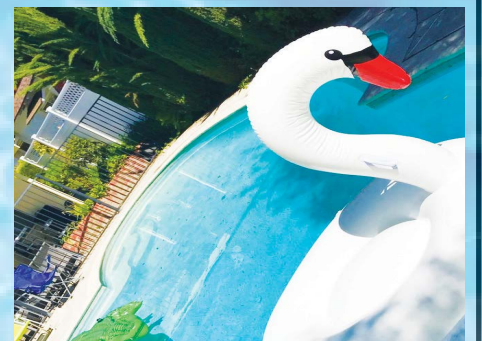
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## EATING DISORDERS & MANAGING THE HOLIDAYS

One would think that the most popular time to reach out for therapy would be in the New Year – New Year resolutions, fresh starts, working on myself, etc. As an eating disorder therapist, I have noticed that this trend is different for ED clients. The busiest time of reaching out and asking for help is during the holidays, specifically right after Thanksgiving. There are very specific triggers to consider around the holidays, and ways to cope in advance as we approach a busy season.

The topic of the holidays affecting mental health is not exclusive to eating disorder, but there are some nuances to consider with this diagnosis. Family triggers that are more specific to EDs, involve being in a house where there are old locations of eating disorder behaviors (i.e. kitchens, bathrooms, and childhood bedrooms). In addition to location triggers, times of the year can have their own set of triggers as well. For example, some people associate certain times of the year, like the holidays, with past relapses and difficult memories. This can bring up some difficult memories and temptations. Kids coming home from college is often a time when parents start to notice a difference with a child changing their food behaviors, or body changes that can sometimes accompany EDs as red flags, and them reaching out for help and support.

*Despite a wealth of difficult situations and topics... during the holidays, there are ways to manage and protect yourself.*

For eating disorder treatment there is of course the food aspect of the holidays to consider as well. Lavish meals, buffets, group meals, eating in front of other people, not being in control of the menu, being served by someone else, and parties with food are all common occurrences during the holidays – all of which are difficult scenarios for anyone with an ED to get through. The social aspects of talking about food are very common during the holidays as well. Many people are surrounded by family and friends who freely talk about diets, calories, and weight loss at this time of the year, which can bring up feelings of shame, perfectionism and competitiveness for anyone with an ED.

Despite a wealth of difficult situations and topics that one will most likely be exposed to during the holidays, there are ways to manage and protect yourself.

Focus on creating a bubble of safety in whatever that means to you. This can be in your location, where you stay during a trip, who you're surrounded with, and who you have boundaries or limited time around. This can also mean making space for alone time, down time to decompress, and distractions when overwhelmed. Some people find success in focusing on creating boundaries on-line as well, meaning that they don't follow anyone who talks about weight loss during the holidays, or will not engage with content that focuses on New Year diets, to make sure the algorithm doesn't mistake their interest in these topics, and thus continue to show similar ads. Many people in ED recovery are put in the difficult position of reminding family and loved ones of topics that are off limits.

As mentioned at the beginning of this article, New Year rush to start therapy in the general public will be here before you know it. Do yourself a favor and get ahead of the trend now, by reaching out and getting support during the holidays rather than after. With this upcoming season comes the opportunity for lots of triggers, but it also comes with the opportunity to overcome these triggers as well, and further cement recovery maintenance.

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](http://www.gemmed.ngo)



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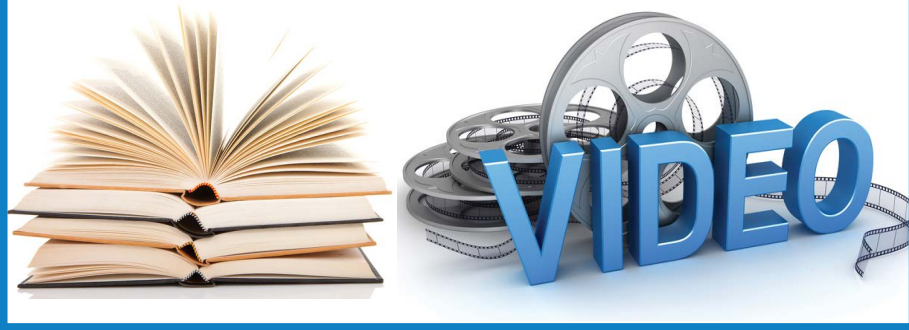
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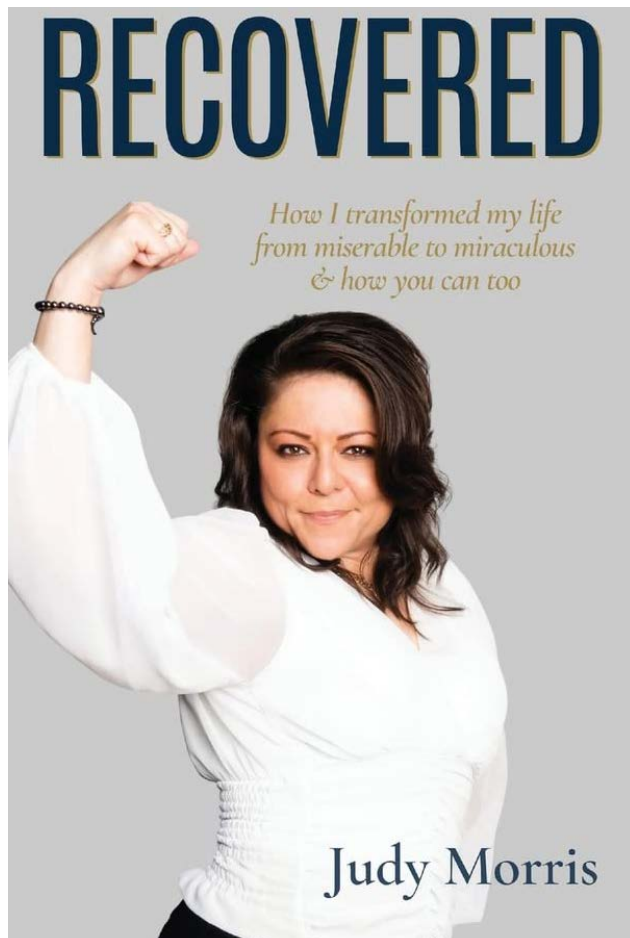
**RECOVERED: How I Transformed My Life from miserable to miraculous & how you can too. Written by Judy Morris. Published by In Omnia Paratus Publishing.**

If you read one book this month, please READ this book. I loved "Recovered", from the first page to the last. Judy starts by telling us who she is, and writes about her past in the most honest and vulnerable way. As I read, I could feel her words and felt inspired by her journey.

She offers solutions and accountability for our growth, from her own experience of using these methods. I love that each chapter empowers the reader to have "Authority in Your Own Life". This book has it all; a personal story to bring you in; a path to follow to heal and become whole; and lastly, hope and direction for living a better life.

Morris tells us exactly what she is, and what she isn't. I love the humble way that she writes, letting us know that WE CAN DO IT too. The directions that she lays out to RECOVER are easy to follow.

My favorite chapter is, "What is a Miracle?" Judy breaks down the true nature of a miracle, and describes how to manifest a miracle. I know the miracles that happened in my life were of divine nature, yet if I did not show up and respect that miracle, the other miracles that followed may have never happened. I give this book 5 transforming stars. Available at Amazon.com.



**KILLING COMPARISON: Reject the Lie You Aren't Good Enough and Live Confident in Who God Made You to Be. Written by Nona Jones; published by Zondervan.**

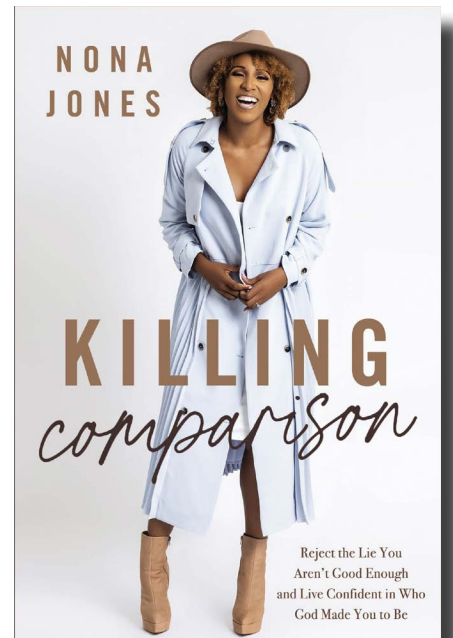
Leave behind the discontent of comparison and discover a free and joyful life. Pastor Nona Jones knows the journey all too well of struggling with the comparing ourselves to others and what they have or have not achieved. Throughout Nona's life and in her career - most recently as an executive for the world's largest social media company - Nona discovered that despite professional success, true confidence can only be achieved by defeating toxic comparison and securing our identity to God's approval alone.

Nearly all of us deal with the struggle of comparison and finding ourselves lacking. But there is a way to break free from internal and external messages communicating a lack of self-worth. It starts with identifying the basis of your urge to compare and ends with securing your identity to the unchanging confidence of God's love for you. *Killing Comparison* provides a fresh, Biblical rooted perspective on an age-old human dilemma - the pressure to compare oneself to others - that the era of social media has exacerbated and heightened.

Through practical insight and down-to-earth encouragement, Nona helps you avoid the despair of comparison and pursue a free, joyful life.

Her books are equipping church leaders and individuals to harness their potential toward realizing their purpose.

I give this book 5 stars. Available on Amazon.



**WOMEN WHO DREAM: 30 international Best-Selling Authors Including Ericha Scott. Published by Kate Butler Books.**

This remarkable book has 30 women expressing ways that the reader can become elevated, creative, and passionate in numerous ways in their daily lives.

We were asked to review Ericha's story, which gives exemplary insight, that helped us to understand the importance of art, poetry, and unbridled love letters from the heart, that makes one feel invigorated.

When my husband and I followed the step-by-step instructions, it truly helped us to shed any apprehension, doubt, anxiety, fears, embarrassment, or any other emotions that would hinder the process.

The art of having the freedom to fully express oneself in written form, was liberating to our spirits, and allowed our true emotions to become fully known to one another. Having no restraints, limits, or any restrictions, allowed a sense of healing on multiple levels, in many areas of our lives.

This book is a must read for incentives, and applications to help better ourselves, in all our affairs. I so loved, and enjoyed Ericha's story, which helped give this phenomenal book a 5 star rating. Available on Amazon.



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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](http://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](mailto: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](http://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](mailto:morgan@paxhouserecovery.com). Call now (626) 398-3897.

**SINCE 2002 PRIMARY PURPOSE HOMES SOBER LIVING:** [primarypurposehomes.com](http://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](mailto: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](http://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

**ALEGRIA**  
COLLABORATIVE  
Est. 2018 — Outcome Matters — **AC**  
RECOVERY COMPANIONS,  
COACHING AND CASE MANAGEMENT  
Helping those Struggling with  
Addiction and Mental Illness  
**855-522-7435**  
[www.Alegriacollaborative.com](http://www.Alegriacollaborative.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](mailto:JSchlund@hazeldenBettyFord.org)  
[www.HazeldenBettyFord.org](http://www.HazeldenBettyFord.org)

**The Cost for classified ads is \$25 for 25 words or less.**  
.25 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](mailto: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



# COACHELLA VALLEY RECOVERY CENTER



*Where Recovery Begins!*

*Recovery Dedicated to  
Rebuilding Families*



START THE PATH TO RECOVERY

## Get the Treatment You Deserve

At our luxury drug rehab in Southern California, we believe in treating the addiction as well as the person. We give all our clients top notch treatment and support. Don't hesitate to contact us today with any questions you may have about our program or if someone you know is struggling with addiction.

**We are Here to Help.**

**Call Now (442) 888-6482**

*Creating a Foundation of Hope and Healing*

WHAT MAKES CVRC DIFFERENT

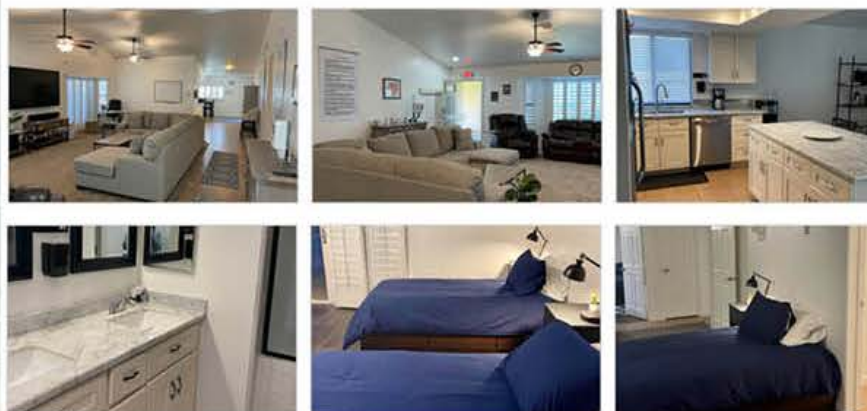
### Our Unique Therapies

At Coachella Valley Recovery we offer a number of evidence-based, individualized therapies so that each and every client gets the treatment that works best. Explore our program and how we can help you or a loved one begin the journey to lasting recovery once and for all.

Our Program

- » Individual Therapy
- » Group Therapy
- » Family Therapy
- » Addiction Education
- » Crisis Intervention
- » Relapse Prevention
- » Mindfulness & Meditation
- » Nutrition & Wellness
- » Experiential Therapy
- » Trauma-Informed Therapy
- » 12-Step Introduction

## Our Environment



**Cathedral City, California**



**We Work with Most Insurance**

Get a Free Consultation Now.



**aetna**



**Anthem**



**COACHELLA VALLEY  
RECOVERY CENTER**



WHERE RECOVERY BEGINS

[www.CoachellaValleyRecoveryCenter.com](http://www.CoachellaValleyRecoveryCenter.com)



# 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](http://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](http://www.lacoaa.org) (323) 936-4343 (800) 923-8722.

**A.A. 8752 S Broadway, L.A., CA 90003,** [www.aa.org](http://www.aa.org) (323) 750-2039, info for Spanish Speaking.

**A.A. San Gabriel / Pomona Valley** - Central Service Office, [www.aasgvc.org](http://www.aasgvc.org) (626) 914-1861.

**A.A. Santa Clarita Central Office:** [www.aascv.org](http://www.aascv.org) (661) 250-9922.

**Al-Anon Family Groups:** [www.al-anon.alateen.org](http://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](http://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](http://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/](http://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](http://www.dhcs.ca.gov) (800) 735-2922 for deaf and blind.

**California Hispanic Commission on Alcohol & Drug Abuse:** [www.chcada.org](http://www.chcada.org) (916) 443-5473.

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

**CEA-HOW:** Compulsive Eaters Anonymous: [www.valleyhow.org](http://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](mailto:sfvalleyhow@aol.com) or Bryce at (818) 621-2130.

**CEA-HOW: NEVADA** Compulsive Eaters Anonymous: 12-Step Recover. Las Vegas [www.ceahow.org](http://www.ceahow.org) (702) 393-6570.

**Cocaine Anonymous:** World Service Office [www.ca.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.foodaddictsanonymous.org) World services (772) 878-9657.

**Food Addicts in Recovery Anonymous:** (FA) [www.foodaddicts.org](http://www.foodaddicts.org) (781) 932-6300.

**Gamblers Anonymous:** (GA) [www.gamblersanonymous.org](http://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](http://www.ocfoundation.org) (617) 973-5801.

**LGBTQIA+ AA Meeting:** Saturdays, 6:30 PM, Thousand Oaks, CA (800) 560-8518. [www.laventanatreatment.com](http://www.laventanatreatment.com)

**LifeRing Secular Recovery,** [Lifering.org](http://Lifering.org), (800) 811-4142

**Love Addicts Anonymous:** (LAA) [www.Loveaddicts.org](http://www.Loveaddicts.org)

**MADD Mother Against Drunk Driving** [www.madd.org](http://www.madd.org) (877) MADD-HELP

**Marijuana Anonymous:** [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org) World Services (800) 766-6779.

**Marijuana Anonymous:** [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org) Los Angeles (310) 494-0189 or Van Nuys (818) 759-9194.

**Narcotics Anonymous (NA):** [www.todayna.org](http://www.todayna.org) Regional Office (800) 863-2962.

**Narcotics Anonymous:** [www.nasfv.com](http://www.nasfv.com) (818) 997-3822.

**Nicotine Anonymous National & World Services:** [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) (877) 879-6422.

**Nicotine Anonymous So. California** Intergroup: [www.scina.org](http://www.scina.org) (800) 642-0666

**Nar-Anon Family Groups:** [www.nar-anon.org/naranon](http://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](http://www.ncadd.org) (800) 622-2255.

**National Council on Alcoholism and Drug Dependence:** SFV [www.ncadd-sfv.org](http://www.ncadd-sfv.org) (818) 997-0414.

**Our House Grief Support Center:** WLA & Woodland Hills, CA (888) 417-1444 [www.ourhouse-grief.org](http://www.ourhouse-grief.org).

**Overeaters Anonymous:** [www.oa.org](http://www.oa.org) World (505) 891-2664.

**Overeaters Anonymous:** Meeting Hotline 24 Hour (323) 653-7499. **Overeaters Anonymous** LA Intergroup: [www.oalaig.org](http://www.oalaig.org) (323) 653-7652.

**Pills Anonymous:** (PA) [www.pillsanonymous.com](http://www.pillsanonymous.com)

**Rageaholics Anonymous:** [www.rageaholicsanonymous.org](http://www.rageaholicsanonymous.org)

**Recovering Couples Anon:** [www.Recovering-Couples.org](http://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](http://www.saa-recovery.org) (800) 477-8191.

**Sexaholics Anonymous (SA):** [www.sa.org](http://www.sa.org) (866) 424-8777.

**Sexaholics Anonymous (SA):** [www.sasocal.org](http://www.sasocal.org) (310) 491-8845.

**Sexual Compulsive Anonymous:** [www.sca-recovery.org](http://www.sca-recovery.org) (800) 977-HEAL.

**Sexual Recovery Anonymous (SRA):** [www.sexualrecovery.org](http://www.sexualrecovery.org) (323) 850-8565.

**S-Anon:** (Friends & Families of Sex Addicts) [www.sanon.org](http://www.sanon.org) (800) 210-8141.

**SHARE:** [www.shareselfhelp.org](http://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](http://www.laventanatreatment.com)

**Survivors of Incest Anonymous:** (877) 742-9761. [www.siaawso.org](http://www.siaawso.org)

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

**The Other Bar:** FREE12 step based peer recovery network for lawyers & law students (800) 222-0767; [www.otherbar.org](http://www.otherbar.org)

**Workaholics Anonymous:** [www.workaholics-anonymous.org](http://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](http://www.cadasb.org)

**CCBCDC:** California Certification Board of Chemical Dependency Counselors [www.CaliforniaCertificationBoard.org](http://www.CaliforniaCertificationBoard.org)

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

**CCPG** California Council on Problem Gambling [www.calproblemgambling.org](http://www.calproblemgambling.org) (800) 522-4700.

**CENTER FOR LIVING&LEARNING** - employment & supportive services (818) 781-1073 [www.center4living.lle.org](http://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](http://www.bily.org)

**County of LA Depart.** of Mental Health for listing of providers at [www.dmh.co.la.ca.us/providers/allprov.htm](http://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](http://www.dhhs.gov) (877) 696-6775.

**HOMELESS HEALTHCARE LOS ANGELES**: 2330 Beverly Blvd., Los Angeles, CA 90057, [www.hhcla.org](http://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](http://www.Nami.org). NAMI Urban Los Angeles (323) 294-7814, [www.namiurbanla.org](http://www.namiurbanla.org). We advocate, educate, and support people with mental illness and their families via our free education programs, support groups, and other services.

**MEALS SERVED & SERVICES OFFERED:** Homeless Shelters listed most have food programs.

**THE MIDNIGHT MISSION** meals 3 times a day (213) 624-9258.

**HOPE OF THE VALLEY** (Van Nuys) - Victory Blvd. & Tyrone - Monday Thru Friday 12:15pm. call for more info (818) 392-0020.

**SAN FERNANDO Valley Rescue Mission**: (818)785-4476.

**ANGEL HANZ FOR THE HOMELESS, INC.** non-profit: Last Sunday of Each Month 1pm N.Hollywood Park, 11455 Magnolia Blvd., North Hollywood, Food Served, Care Packs, Barber, Pet Food, Pet Groomer and a VET for the animals. For Info Call (818) 859-4893.

## HOMELESS SHELTERS & RELATED

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

**Centennial Place Permanent Housing** (626) 403-4888.

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

**Covenant House California (CHC)** provides shelter and services for homeless, at-risk, & trafficked youth 18-24, 1325 N. Western Ave., Hollywood, CA 90027. (323) 461-3131. [www.covenanthousecalifornia.org](http://www.covenanthousecalifornia.org)

**East San Gabriel Valley Coalition For The Homeless** (626) 333-7204.

**Ella's Foundation Homeless Services** (323) 761-6415.

**Fervent Heart LLC** (626) 319-7479.

**Family Promise of Santa Clarita Valley** (661) 251-2867.

**Family Rescue Center** (818) 884-7587.

**Friends helping Friends Inc:** Homeless, No Money, We can help - Sober Living. (323) 293-9778.

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

**Family Promise** (818) 847-1547.

**GRCN Connecting Communities** (562) 293-7595.

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

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

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

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

**Homeless Health Care Los Angeles** [www.hhcla.org](http://www.hhcla.org), (213) 744-0724.

**Homeless Adult Center** (626) 403-4888.

**House of Hope** (323) 663-1215.

**Hope of The Valley:** (818) 392-0020, [www.hopeofthevalley.org](http://www.hopeofthevalley.org) December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776.

**Jenesse Center** (323) 299-9496.

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

**Los Angeles Mission** (213) 629-1227 x305.

**Long Beach Rescue Mission** (562) 591-1292.

**Los Angeles Youth Network** (323) 957-736.

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

**National Runaway Switchboard** (800) Runaway.

**NCH National Coalition for the Homeless** (202) 462-4822, [www.nationalhomeless.org](http://www.nationalhomeless.org)

**OPCC Safe Haven** (310) 883-1222.

**Passageways Homeless Intake Center** (626) 403-4888.

**Pentecostal Outreach** (562) 313-1257.

**PATH: People Assisting The Homeless** (323) 644-2200.

**Rochester House Transitional Living** (213) 986-5599.

**Runaway Homeless Youth Shelter** (310) 379-3620.

**S.P.Y. Safe Place for Youth:** Supportive Services for Homeless & At Risk Youth. Drop in Services, meals, hot showers and clothing.

2469 Lincoln Blvd., Venice, CA 90291 (310) 902-2283.

**The Salvation Army Adult Rehab Center**, 21375 Roscoe Blvd., Canoga Park, (818) 883-6321.

**Salvation Army The Way Drop in Shelter for Youth** (323) 469-2946..

**Salvation Army Glendale Chester Village For Homeless Families** (818) 246-5586.

**St Joseph Center Homeless Services & Meals** (310) 399-6878.

**Sanctuary of Hope** (323) 786-2413.

**Samaritan House** (562) 591-1292.

**San Fernando Valley Rescue Mission** (818) 785-4476.

**The Midnight Mission** (213) 624-9258.

**Union Rescue Mission** (213) 347-6300.

**Union Station Homeless Services** (626) 240-4550.

**Volunteers of America Homeless Support** (626) 442-4357.

**WLCAC Homeless Access Center** (323) 563-4721.

## DOMESTIC VIOLENCE

**Amanecer/Community Counseling Services** (walk-in center only) (English, Spanish) (213) 481-1792.

**Battered Women/Children Hotline**, (818) 887-6589.

**Bienvenidos Children's Center, Inc.** (walk-in center only) (323) 726-9790.

**Bilingual Shelter for Victims of Domestic Violence**, (800) 548-2722 (24 Hour).

**Center for the Pacific Asian Family** (800) 339-3940.

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

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

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

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

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

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

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

**Haven Hills:** [www.havenhills.org](http://www.havenhills.org) (818) 887-7481 (818) 887-6589.

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

**House of Ruth** (909) 623-4364.

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

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

**Jenesse Center** [www.jenesse.org](http://www.jenesse.org) (323) 299-9496.

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

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

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

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

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

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

**Safe Horizons** (800) 621-4673 (HOPE).

**San Pedro, Rainbow Services:** (310) 547-9343.

**Santa Monica, Sojourn:** (310) 264-6644.

**So. California Alcohol & Drug Program/Angel Step Inn:** [www.scadplne.org](http://www.scadplne.org) (562) 923-4545.

**The Good Shepherd Shelter:** (323) 737-6111.

**YWCA of San Gabriel Valley** [www.ywcawings.org](http://www.ywcawings.org) (626) 960-2995, 24 Hour Hotline (626) 967-0658.

## RAPE HOTLINES

**RAINN Hotline** (victims of sexual assault) (800) 651-6000.

**Rape Hotline** (24 Hours) (800) 585-6231. [www.elawe.org](http://www.elawe.org)

**Rape Hotline** (800) 978-3600 (So. California): 24 hours a day, seven days a week. Callers can get help in eleven languages.

**Rape Hotline** (213) 626-3393 (Central Los Angeles)

**Rape Hotline** (310) 392-8381 (South Los Angeles)

**Rape Hotline** (626) 793-3385 (West San Gabriel Valley)

**S.A.F.E LA** [www.safela.org/](http://www.safela.org/) (800) 799-7233

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

## HEP C / HIV / AIDS INFORMATION

**AIDS Project Los Angeles - APLA**, Los Angeles - **HEP C - APLA**, [www.apla.org](http://www.apla.org), The David Geffen Center, 611 S. Kingsley Dr., Los Angeles, CA 90005, (213) 201-1600 Main line..

**Asian Pacific AIDS Intervention Team:** (213) 895-7715, Free Outpatient Trauma & Substance Abuse Treatment for Women & Transwomen, 1730 W Olympic Blvd., #300, L.A. Calif

**HIV/AIDS Hotline** (800) 367-2437. Spanish (800) 400-7432.

**HepChope:** [www.hepchope.com](http://www.hepchope.com) Hotline (844) 443-7246.

**National AIDS Hotline**, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)

**REACH** (risk reduction education & community health) FREE testing for HIV, HEP B&C and Syphilis. Referrals for substance abuse-etc., HIV+ or HIV- people in need. (866) 33-REACH.

**On-Line Resources for Hep C:** [www.hepcsource.com](http://www.hepcsource.com) • [www.hepnet.com](http://www.hepnet.com) • [www.harvoni.com](http://www.harvoni.com) • [www.theliverinstitute.org](http://www.theliverinstitute.org) • [www.hepctreatmentlosangeles.com](http://www.hepctreatmentlosangeles.com)

**SUICIDE PREVENTION**

**Dial - 988 - On July 16, 2020, the Federal Communications Commission adopted rules to establish "988" as the new nationwide 3-digit phone number for the National Suicide Prevention Lifeline.**

**National Suicide Prevention Lifeline** (800) 273-TALK (8255), [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org), [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

**Suicide Prevention 24Hour Center** (800) SUICIDE (784-2433).

**Suicide Prevention Center** (877) 727-4747.

**Jason Foundation A Youth Suicide Prevention Program**, [www.jasonfoundation.com](http://www.jasonfoundation.com), (888) 881-2323.

**TEEN LINE:** Teens Helping Teens US & Canada (800) TLC-HOPE or (310) 855-HOPE [www.teenlineonline.org](http://www.teenlineonline.org)

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

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

**Keys to Recovery Newspaper, Inc. publishes "this guide"**

**FREE as a community service to assist those in need of help or information. You are welcome to submit your "free" ad and volunteer needs.**

**Many of these Resources change quickly, if you find a number (or place) no longer exists please let us know.**

Organization/Company Name: \_\_\_\_\_

Services offered: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

Contact person: \_\_\_\_\_

What you would like us to print in the resource guide: \_\_\_\_\_

Email To: [info@keystorecoverynewspaper.com](mailto: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





# **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.

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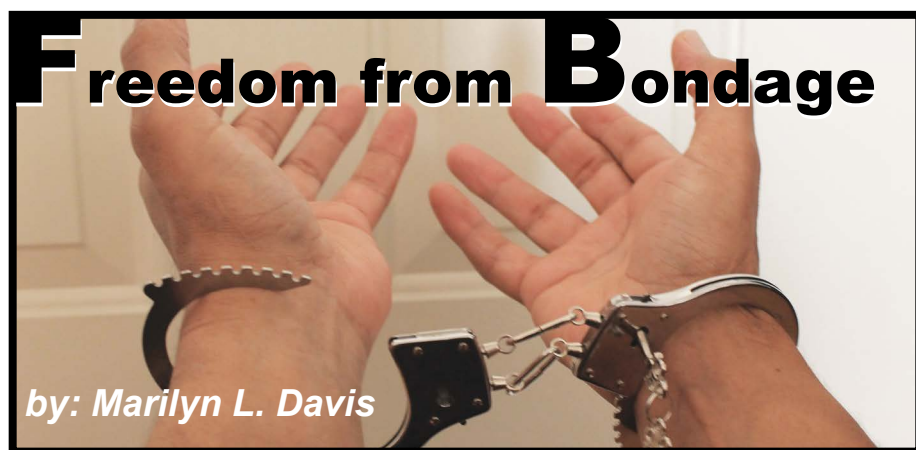


# R BLVD



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by: Marilyn L. Davis

## THE HEART OF RECOVERY: IS AN ATTITUDE OF GRATITUDE

ORIGINALLY PRINTED IN OUR APRIL 2017 ISSUE

*"Could we change our attitude, we should not only see life differently, but life itself would come to be different. Life would undergo a change of appearance because, we ourselves had undergone a change of attitude." - Katherine Mansfield*

### What Happened to the Enthusiasm and Gratitude for Recovery?

For some of us, the positive attitude and level of commitment, begin to wane or lessen after the initial withdrawal has subsided. The immediate consequences got our attention, but now we realize:

- Our families aren't as upset with us. • We aren't going to jail.
- We're starting to feel better physically.

Unfortunately, this initial relief, enthusiasm, and gratitude wanes if we are not making other changes, seeing favorable outcomes from our changes, and finding value in being in recovery.

Some people are relieved, just to be out of the vicious cycle of addiction:

- Where will I find drugs? • How will I pay for them?
- Can I use and not get caught?

Instead of remaining grateful though, we get angry that people are suggesting that we give up friends who still use; give us directions for changes, and expect us to be happy, joyous and free.

Other times, we get complacent and think we've done enough. Some of us start resenting the people who are trying to help us. Rather than hearing their stories of change and awareness, we start filtering what they are saying as a lecture on how great they are, and how we're less than them.

All of those positions are our attitudes. Our actions are the result of those attitudes, and whether we follow through on our commitment to our recovery. We usually throw out that a person has a bad attitude, or that people are afraid of commitment, but beyond these sayings what are we talking about when we use these words? So that we are clear, here are the definitions.

Attitude is the manner, mood, feeling, or position about a person, object, or situation. In other words, what you think and feel about something or someone.

Commitment is a state of intellectual and emotional attachment to a particular action, practice, or person. When you commit to something, you are making a promise to do or not to do something. When you commit to someone, you pledge to him or her also. When you make a commitment, you are pledging to do or not do something.

### It's Not Always Grins and Giggles

Having a positive attitude towards your recovery, and making a commitment to your recovery are both vital to the process. Some people think that having a positive attitude means that you have to like what is happening to you at this point. The reality is that most people, who are successful in their recovery, would tell you that they were scared and distrustful when they first got into recovery, but were willing to cooperate to change their lives.

Take an interest in making your life better, and acknowledge that you need some help to accomplish that.

A positive attitude is as much about being optimistic and hopeful as it is cheerful.

### For The Recovery Process to Work.

When you have a positive attitude and commitment to recover, there are other aspects that will help you accomplish your goal of recovery:

- Open-mindedness • Willingness • Interest
- Actions that Promote Change

When you entered into the program or called inquiring about help, your attitude and commitment was important. You probably had a positive attitude—perhaps scared, but willing to make an effort. You may even have stated that you would do "anything", to become and remain clean.

People will not ask you to do anything counter-productive to your recovery; however, they may ask you to do something that you have never tried before. They might ask you to:

- Write about your past life • Examine your old belief systems
- Identify your self-defeating behaviors
- Recognize your strengths, talents, and limitations
- Change aspects of yourself that cause you problems

You may not like these assignments. However, if you are going to change, you have to identify those things that create barriers for you. You cannot expect your future to be different from your present if you do not review the past, and make appropriate changes.

### Why Give Faulty Directions?

You will need to examine your attitude and commitment when you get directions, or suggestions from others about how to recover. For example, repeatedly arguing about whether something has value before you complete the assignment, is both arrogant and foolish.

If you have never done anything, you have no reason for the argument. You do not know the outcome as you have never even tried the directions.

Please try what has worked for countless others before you decide whether something will work for you, or whether something is "stupid" or wrong.

If you think about this logically, why would someone give you directions or solutions, that did not have a history of working for others? Providers of treatment, families, judges, sponsors, accountability partners, and others in recovery all have reputations.

Do you think that any of them wants the reputation, as the ones that give "stupid assignments" or directions? How much sense would it make to give inadequate explanations or directions?

Yes, they will make some mistakes in giving directions, sometimes because you did not give them all of the facts about the situation. In general, they are not going to give directions that will make them look inadequate, or directions that they do not think will help to improve your life. Therefore, your attitude about what people suggest for you to do to change your life needs to be as positive as it can be. Even, if your attitude is one of questioning how a suggestion or solution might help your situation, do them and then assess the results. You may be genuinely surprised at the outcome.

*"A positive attitude leads to a positive action, which then yields a positive result. That's how the cycle always goes. Nothing seems to be too difficult for people blessed with positive mindsets."*

- Kevin J. Donaldson

### Attitude and Commitment: Ongoing Issues

Early recovery is not the only time that an individual's attitude, and commitment becomes the focus; some individuals become complacent or unconcerned later in their recovery.

If this happens to you, recommit to remaining chemically free and find that positive attitude again. To have and enjoy long-term recovery, a positive attitude along with an authentic commitment to recovery, should give you a better outcome.

Writing, and recovery heals the heart.

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.







## CHILDREN OF THE NIGHT NATIONWIDE CASE MANAGEMENT

### NO COPS / NO FBI

Confidential Social Services  
Rescue from Pimp  
Suicide Intervention  
Rape Intervention  
Drug Overdose Intervention

Anonymous Crime Reports

Housing Referrals for  
All Ages & All Circumstances

Medical Services  
Mental Health Services  
Psychiatric Evaluations /  
Psychotropic Medications

Public Health Insurance  
Social Security/  
Disability Benefits

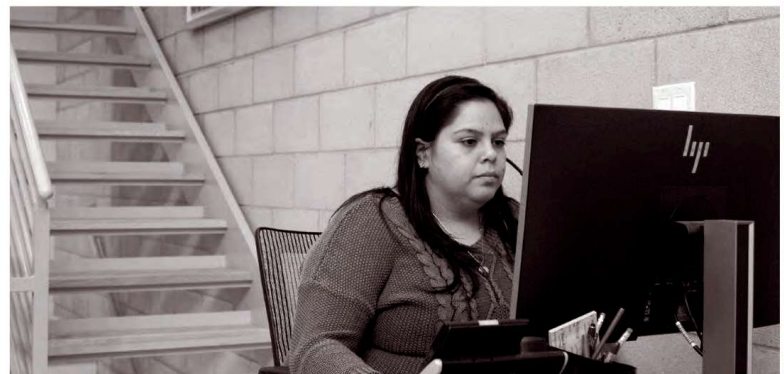
Transportation

Advocacy with Social Workers,  
Probation Officers & Courts  
Court Accompaniment,  
Court Intervention

Resumes  
Jobs

Training / Vocational Schools  
Community College

FAFSA (Financial Aid for School)



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