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March 2017

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RECOVERY

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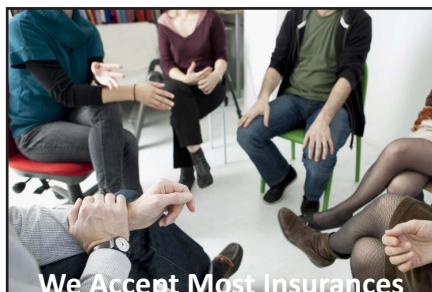
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Hi Guys, I can't believe another month has passed, and another issue is going to print. Back in January I wrote about not making resolutions this year, and instead I was going to work on some of my defects of character that block me from God, you, and myself. A big one for me is procrastination. The definition of procrastination is the act or habit of putting off or delaying, especially something requiring immediate attention. YUP! That's me. In certain areas of my life I am a real go getter and I can get things done. Looking from the outside it may not look like I have that defect, but there are just a few things that I don't want to do nor look at. I just wish I could wake up and they would go away. But that's not working. Hey we all procrastinate. We delay things we shouldn't. Putting off important tasks makes us feel anxious and guilty. Two emotions I could definitely live without. So I have decided to "Drop that Rock." So I am doing contrary action. Acting my way to better thinking and let me tell you it's been paying off. I feel just a little bit lighter and more free. This brings me to Keys to Recovery. There are so many gifts that I continue to receive from the paper. Each month we work carefully to develop a publication addressing vital issues concerning all types of addictions and everything related to the RECOVERY from them. Each day I get to meet new writers, read stories of hope, and learn new tools for my spiritual toolbox. In this process I get inspired. These articles motivate me to continue to do my own work and grow. This is what we want for our readers. Our mission is to carry the message of recovery whether you have 1 day or 30 years.



"I am a pusher, dealing hope, at the intersection of desire and despair." John Mark Greene
Till next time, Beth Dewey-Stern, C.E.O. & Cofounder

Hello friends and family, old and new; This month I have been practicing the concept: "I am not responsible for your words, your behavior or your actions. I am only responsible for MY RESPONSE to them." What an order...

Trying not to take things personal, which takes a lot of practice, gives me freedom. Freedom from resentment, self pity and all types of wasted emotions and time. Your thoughts, your feelings, and your behaviors have little or nothing to do with me. Your character defects existed long before I met you, as did mine.

I love the saying, "I didn't create it, I can't cure it." This too, gives me freedom. The freedom to just let you "BE" you. See the less I focus on you, the more I can focus on me. I find my time is better used, if I try to control my thoughts, my feelings and my behavior, and NOT yours. I have found that my behavior, integrity and honesty cannot be founded on your behavior, integrity and honesty. I try to be who I am, in all situations, not changing to fit the situation. This is very valuable in business too.

When we began "Keys to Recovery Newspaper", we started with a set of principles, that had worked for us in our personal recovery. When things get confusing, we ask ourselves "What is our primary purpose?" The answer never changes, because we started this newspaper with ONE purpose: "To carry the message of hope and recovery to as many people as possible." We do this by giving our newspaper to ANYONE who wants it, FREE of charge. We fill the pages with HOPE and RECOVERY, from all types of addictions and disorders every month. We also have a resource guide, that list all types of FREE help.

Recovery and hope is our passion, not politics, not debates, not power nor prestige. If we stay focused on our primary purpose, we will continue to grow year after year. Thank you to everyone who helps us stay focused. God turns *impossible into i'm possible*.

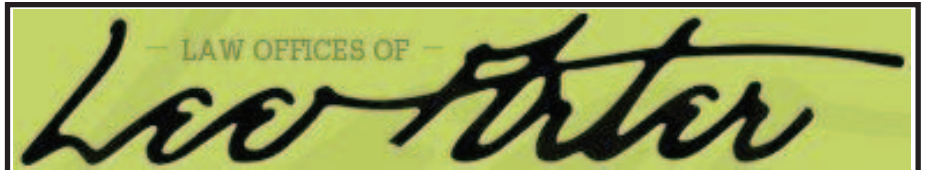
Jeannie Marshall, President & Cofounder



Hello everyone, I hope that these words will inspire those celebrating a birthday this month, as I am. My sobriety date is February 22, 2012. I am told that 5 years is a milestone. This being my first time in AA, at such a late stage in my life, allows me to truly appreciate all that I have inside and out. My Natal birthday is March 3rd, I will be 57 years old. I am extremely thankful for my higher power (GOD) being so merciful by protecting me from death, from my own devices or by the hand of others, while I was out there lost in my addictions for 40 years.

My life is now filled with gratitude for being all that I am, able to be of service daily, and for being a part of a very remarkable recovery newspaper that spreads the message of hope and recovery, from ALL addictions and disorders to so many. I have discovered within, a person of self-worth. Today I can fully accept my inabilities and inadequacies. I no longer have to put up a front, to mask my character defects. Inner peace is the beginning of outer expressions of joy, love, happiness, and what is right and good within us all.

The integrity and the connection that I now have with God, has allowed me to truly apply the principals of Alcoholics Anonymous in all my affairs, the serenity that I have acquired has given me peace of mind from trying to be what I thought others wanted me to be. The freedom of being who and what I am is exhilarating, in ways I would've never imagined before being liberated through the concepts of AA. My perception on life's meaning has been altered for the good, the vision of "what I have" is not about ME any longer, now "what I have" is for helping those that are in need, whenever possible. Marcus Marshall, Vice President & Cofounder



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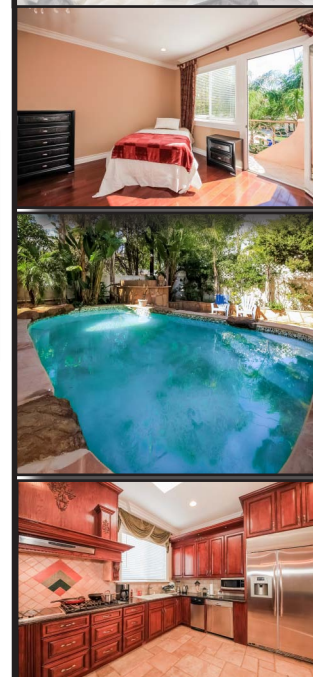
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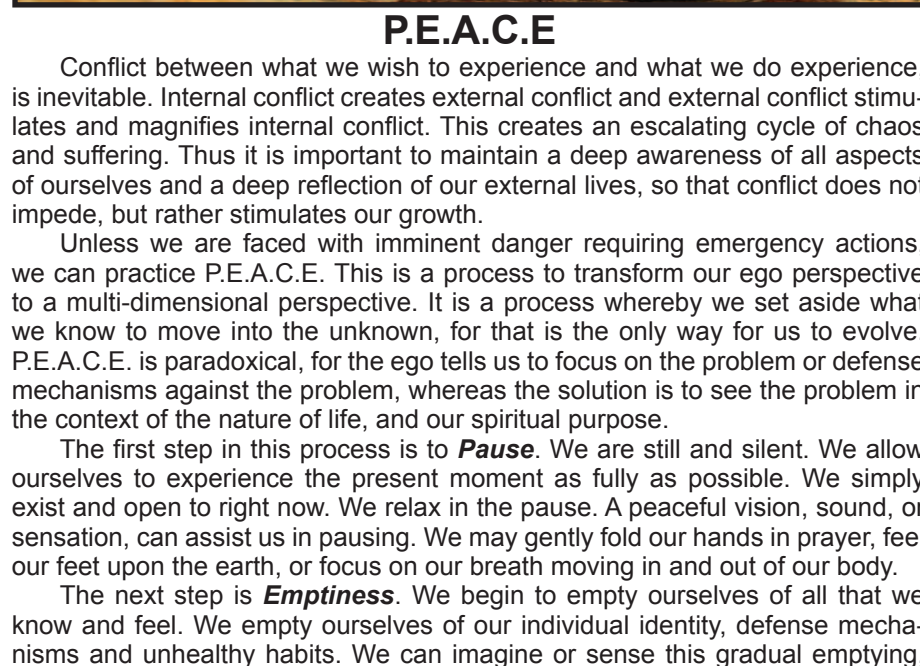
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and ultimately experience a lightness and freedom within us and all around us. The paradox of emptiness is that without our separate sense of self, we can sense our connection to the universe and God. And even a temporary surrender of disparity between desire and current circumstances, immerses us in the natural flow of life's energy.

The third step is **Acceptance**. We accept our conflict and surround it with the present moment and the space of emptiness. We accept the nature of life and humanity, and the mystical dimension of the world. We accept that conflict exists and that it can stimulate new learning and growth. We accept that we are spiritual beings, and can access a higher understanding and response to conflict. We accept that every single circumstance can stimulate our evolution to become all that we were created to be, and to contribute to the greater good on earth.

The fourth step is **Caring**. We care about all that inspires and fosters our spiritual growth, and promotes loving actions in the world. We can reflect upon the caring that we give and receive, and feel the energy of caring expanding and intensifying. We commit to healthy expressions and demonstrations of caring toward those we know and don't know, toward the planet and the God of our understanding. Our caring becomes more important than our conflicts, and allows us to discover solutions that are compassionate and helpful.

The final step is **Experience**. This process of P.E.A.C.E. allows the experience of conflict to become the experience of spiritual growth. We experience a larger sense of aliveness, because we are a part of a power greater than our self. We experience greater ease because we can empty ourselves of what causes conflict. We experience more harmony and unity, because we can accept responsibility for living in solution. We experience deeper faith, because our unselfish actions of caring result in miracles. We experience the light of grace, because we use it to serve others.





A SPOONFUL OF COMPASSION

When emerging on the other side of a traumatic event, a life-altering decision, or prolonged stress, people often cite the empathy they received from others as a central factor in effective coping and recovery. But what exactly is empathy? When it comes to recovery from a difficult injury, illness, or addiction, how big of a role does it truly play?

Most people agree that appropriate treatment for recovering addicts can include counseling, pharmaceuticals, and perhaps certain mindfulness practices. Many people find lasting success when each of these are combined in a personalized way with additional emphasis on group therapy.

Maybe the reason support groups like Alcoholics Anonymous see so much success is because of the environment of empathy they provide. Participants can sense that others deeply care about what they're going through, that others genuinely feel (or have felt) what they're feeling. Perhaps if physicians actively expressed empathy to their patients, they could increase the effectiveness of their treatment regimens.

The Science of Empathy: Scores of studies seem to support the idea that rigorous training in empathy should be integrated into medical curriculum. In one recent study of nearly 21,000 people with Type I or Type II diabetes, researchers found that physicians expressing more empathy toward patients seemed to have a positive effect on clinical outcomes.¹

Another study's objective was "to assess the relationship of empathy in medical office visits to subsequent outcomes of the common cold." Cold severity was measured twice daily, while empathy was scored by each patient through a Consultation and Relational Empathy (CARE) questionnaire. The prompts asked them to rate interactions with their physician based on criteria like perceived involvement and investment in their care, and whether they felt their doctors had an authentic interest in their treatment and well-being. The results found that "clinician empathy...significantly predicts subsequent duration and severity of illness, and is associated with immune system changes."³

Empathy and Addiction: It makes sense that a counselor providing treatment has one of the largest impacts on the recovery of someone suffering from addiction, but a 2012 study emphasizes that "the therapeutic skill of accurate empathy...has been found to account for a meaningful proportion of variance in addiction treatment outcomes." Those therapists exhibiting a high level of empathy appear to be more successful, while those preferring confrontational counseling, thus expressing less empathy, are "associated with higher dropout and relapse rates, weaker therapeutic alliance, and less client change."²

How to Strengthen Empathic Skills: So, until the curriculum catches up to this mounting evidence for the power of physician empathy in recovery, how does a medical professional (or anyone who's interested) improve empathic skills? Luckily, capacity for empathy can usually be developed and honed.

Practice active listening. Many physicians have a tendency to ignore a patient's insistence on certain symptoms and anxieties, dismissing them as either fear or biased assumptions. By listening to and doing their best to analyze patient experiences, doctors can learn a lot that physical measurements of health can miss.

Use verbal affirmations. This is a great way to give a patient your full attention and presence. Affirmations go a long way to improving your understanding, retention of information, and make a patient feel more comfortable and acknowledged, which in turn can reduce stress. One way to practice affirmations is to repeat a patient's statement back to them, but paraphrased. An example exchange could look like this:

Patient: "I feel like others are making more progress than me, and it's really been bothering me lately."

Physician: "So, you feel like you're behind and it's discouraging."

This accomplishes a couple of things. First, it forces you to really digest what they've told you, making you more likely to understand and remember it. Second, it ensures the patient that you were listening. This brings us to our third way to improve empathic skills.

Ask for confirmation. After you paraphrase the patient's statement, ask if you got it right. Continuing with the above example conversation:

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Ask Dr. Nita



by: Nita Vallens

Dear Dr. Nita,

My husband made me go to treatment, which I completed, and now that it has been a few months, I feel discouraged and overwhelmed - no one told me I would be starting my life all over again, or if they did, I missed that part. Thankfully, I'm still with my husband of 10 years, but we have many hurdles. He tells me I am being negative and pessimistic - help.

Thanks, Mona

Dear Mona,

Starting over has a bad rap in our society, but it shouldn't. Beginning a new life after completing treatment can feel overwhelming; as if your whole life has been turned upside down. Or, like you threw a deck of cards in the air, and they fell to the floor in a chaotic mess. Just take a second to laugh at that image - there is a lot to do and you came this far so I know you can do this!

Sometimes it's hard to leave the past behind, especially if a person's spouse was part of it and a reminder of painful memories. I hope that your husband attends Al-Anon, and that he is willing to let go of the past and accept the new you that you are becoming. You can't make him do anything, but you can ask. We all need a safe comfortable home environment, so that is an important element for the two of you to work on. Remember that you cannot control him and vice versa.

You mention that he made you go to treatment, but if you did go for him, notice that you completed treatment (no one made you do that), and seem to be trying to take responsibility for your life going forward.

If it's true that you are being negative and pessimistic as your husband said, maybe it's the fear and discomfort that we often feel when many changes seem to come all at once or too quickly. Treatment opens a lot of possibilities and offers quite a wake-up call to how we have been, and what is now possible. You are waking up to new ways to do things, feelings you didn't know you had, and learning how to process it all sans alcohol and drugs.

It's natural to have fears but don't let them take over, as this can become self-destructive and cloud clear thinking. Fear can take us back to old behaviors even to a relapse. Don't run from it either, acknowledge what you are feeling and journal about it and see if you can trace it to something, speak to someone you trust or get professional help and learn to let it go.

Many therapists use the "what's the worst possible scenario" fear exercise. When you identify your biggest fear then it's going to lose power over you and you'll be able to release it. Also, go to more meetings when you feel afraid. You'll hear how other 12 step members have dealt with their fears. One of the most powerful phrases in the world is, "I know how you feel." Hearing how others deal with problems gives us hope as well as ideas to improve our own coping skills.

It takes honesty, openness and willingness to let go of the past and create a new future. You can do this at any age - it takes courage and a genuine desire to move forward in a way that is more congruent with who you are today, and not who you were yesterday. Also, the rewards can be exciting, rewarding and a major boost to your self-worth and confidence.

Another way to raise self-esteem is to use forgiveness as a regular tool in your life. Regardless of what you did in the past, it's very important to learn to forgive yourself and to make this a daily practice. As a result, you'll feel more loving and kind towards yourself.

Another block to self-love and self-care is holding on to anger, resentment, and judgments against yourself. Take a look at quotes and mantras on forgiveness - there are many and I can't stress enough how important this is for you in your recovery process.

Change is a constant in our lives, and there isn't a "one size fits all" solution as each of us has to navigate the waters of change. There are hundreds if not thousands of 12 step meetings in communities worldwide. If one meeting doesn't fit your needs, you can try another one.

"Never forget the three powerful resources that you always have available to you: love, prayer, and forgiveness." F. Jackson Brown

You can make a new life in recovery - millions have before you and you'll inspire those that see your changes!

I believe in you, Dr. Nita

Dr Nita Vallens is a licensed Marriage Family Therapist and certified Hypnotherapist in Sherman Oaks and can be reached via www.DrNitaVallens.com Her Inner Vision radio show can be heard at 1:00 PST on KPFK Los Angeles, 90.7 FM or live stream at www.KPFK.org Please write to her at: doctornita@gmail.com



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THE BODY AS A PRISON

I stared in the mirror and obsessed about whether or not a space existed between my thighs. Commonly referred to as the thigh gap, I did my best to stand at specific angles that might create such a space. When I couldn't achieve this so-called ideal after a considerable amount of effort, I wore baggy clothes to hide the perceived flaw. I stayed in, again, instead of hanging out with friends.

My body was a prison. Does your body keep you from engaging in life? If so, you might be trapped in body dysmorphic disorder (BDD) or possibly an eating disorder.

The description above depicts just one scene in how an eating disorder used to control my life. If you battle BDD, negative body image might control your life, too. You might relate to the struggle with checking behaviors like excessive mirror gazing, or avoidance such as not going out with friends. And, maybe you understand the need to seek reassurance from friends and family. Do I look okay? Eating disorders and BDD can be similar in these ways. Both are also associated with depression and low self-esteem.

So, *what's the difference between an eating disorder and BDD?* What I didn't share in my story above is a point that illuminates one key difference between the two diagnoses: I didn't eat that day. In order to be diagnosed with an eating disorder, this might sound obvious, but eating must be impaired.

Further, as compared to BDD, which tends to be focused more on a specific part of the body like nose or hairline, the preoccupation with the body in an eating disorder is more generalized to shape and weight concerns.

Don't get me wrong, for a long time while I struggled with an eating disorder, I didn't like my nose, and I hated the blemishes on my chin. But these things never kept me from engaging in life. Concerns about my shape and weight did. This can get a bit tricky. Above, I did describe an obsession with a specific body part, my thighs. Yet, importantly, this preoccupation with the thigh gap was a part of my larger concern about shape and weight. To sum it up, here are the two main questions to ask when distinguishing between BDD and eating disorders:

Is eating impaired? To be diagnosed with an eating disorder, someone must have difficulty with eating like restricting, bingeing, and/or purging. To receive a diagnosis of BDD, eating does not have to be impaired.

Where is the body image disturbance? As mentioned above, while BDD usually narrows in on a specific body part, eating disorders revolve more around shape and weight in general.

Can someone be diagnosed with both an ED and BDD? Some struggle with both BDD and an eating disorder. Here's an example: a man is preoccupied with both a perceived defect on his nose as well as "feeling fat," and he restricts food considerably. Important to note, just feeling really bad about your weight as part of an eating disorder does not warrant a secondary diagnosis of BDD. Most people with eating disorders don't like, or even hate, their bodies. For someone with an eating disorder to also be diagnosed with BDD, they must also intensely struggle with a perceived defect beyond shape.

To complicate things a bit, weight concerns may occur in BDD. But, remember: if the weight preoccupation leads to disordered eating, an eating disorder diagnosis might be more likely.

Why does any of this even matter? Both BDD and eating disorders are complicated, terrifying, and real. A specific diagnosis cannot measure pain and suffering. Yet, a correct diagnosis can point in the direction of what has been proven to be the most effective treatment options. Someone suffering with an eating disorder without BDD might follow a different treatment path than a person with an eating disorder plus BDD. The individual with BDD and no eating problems might follow a different journey altogether.

It is worth mentioning that almost one third of individuals with BDD will also struggle with an eating disorder at some point during their lifetime. Research suggests that the symptoms of BDD may appear in 25% of anorexia nervosa sufferers for at least six months prior to the eating disorder entering the picture. We need more research on the exact relationship between the two disorders.

Recovery happens: Above all, know that healing from both BDD and eating disorders is possible. With treatment, effort, and persistence, people do get better. I did. And, in my work as an advocate, I have connected with countless individuals who have healed from both BDD as well as eating disorders. Some had struggled with both. Surprisingly, thanks to the gift of recovery, many of us are now in a place where our attitude about our body is actually healthier than the average person! Like many things in life, our struggles made us stronger. If you (or your loved one's) relationship with their body is a problem, hold onto this kind of hope. A body doesn't have to be a prison. Instead, our bodies can be precious vehicles for life. Don't quit until you find it.

Jenni Schaefer is a singer/songwriter, speaker, and the bestselling author of *Goodbye Ed, Hello Me* and *Almost Anorexic*, a collaboration about subclinical eating disorders with Harvard Medical School. Her first book, *Life Without Ed*, has been released as a 10th anniversary edition as well as audiobook. She is a National Recovery Advocate for Eating Recovery Center's Family Institute. In partnership with Insight Behavioral Health Centers, Eating Recovery Center provides specialized treatment for eating disorders as well as related disorders, including BDD. Visit EatingRecovery.com/Jenni & JenniSchaefer.com.

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by: Dana Connolly, Ph.D

SYNERGY IN RECOVERY

Drinking alcohol and taking drugs is a death trap, and those who are fortunate enough to break free from addiction discover a whole new world in recovery. Things that used to be taken for granted become appreciated, and opportunities arise in the most unlikely places. Those who have maintained long-term sobriety uniformly agree that helping others helps them stay clean and sober.

Human beings seem uniquely designed to form synergetic relationships. According to the Oxford dictionary definition, synergy is the "interaction or cooperation of two or more organizations, substances, or other agents to produce a combined effect greater than the sum of their separate effects." What better example of synergy is there than the sponsor-sponsee relationship in 12-step programs of recovery?

Erika's story: Erika couldn't stop blaming her alcoholic father and husband for all of her problems. She felt that she had been saddled with an unfair burden and that she could not accomplish anything, because she always had to worry about them. One evening, a co-worker offered to take Erika to an Al Anon meeting that she attended. It was bring-a-friend night, and they were serving pizza.

Erika was surprised at how much she enjoyed the meeting. She hadn't laughed so hard in years. She met new friends and looked forward to the next meeting. Over the next few months, Erika learned to look at things differently. She met a terrific friend, Betty, who also had an alcoholic father and husband who helped her through the 12-steps.

As her anger and resentment faded, Erika's life began to change. She felt empowered and free for the first time ever. She not only worked the 12 steps, she incorporated them into her daily life. She couldn't thank Betty enough, because if it hadn't been for her, Erika believed she would still be stuck in self-pity.

Meanwhile, Betty had her own issues she was facing. Her husband was dying of liver cirrhosis, and she wasn't sure how she was going to make ends meet. There were times she felt like giving up, but she knew she had to be there for Erika. While she was busy saving Erika's life, Erika was also saving Betty.

It is More Blessed to Give: Erika's and Betty's stories are not unique. In fact, these synergetic relationships happen all the time in 12-step programs. It is almost as if helping others is a basic human need, like air or water, and without it, people wither and die. The only trouble is that modern society doesn't always afford people the opportunity to help one another. For example, feeding the homeless appears to be illegal in Florida now, according to an article in the Tampa Bay Times, "Carlton: Arrested for feeding homeless people? It's complicated."

Sometimes life gets so busy that finding time to help others seems unrealistic. Aside from sponsoring others as they embark upon the 12 steps, there are simple alternatives that people can do that can be deeply rewarding. The following are just a few examples of ways to help:

- Smile • Listen • Fundraise • Compliment Someone
- Help a Stranger • Volunteer • Donate Unused Things

The possibilities to help others are endless – especially today, while the majority of the population is struggling either financially, in health or with loved ones' troubles. In fact, research has shown that acts of kindness toward others make people feel better than pampering themselves, according to "Do unto others or do you treat yourself? The effects of prosocial and self-focused behavior on psychological flourishing," published in the September 2016 journal *Emotion*. Such acts not only increase dopamine levels and enhance feelings of well-being, but also tend to have a ripple effect. In other words, small gestures help the person who performs them and society at large.

As Abraham Lincoln once said, "To ease another's heartache is to forget one's own."

Dana Connolly, Ph.D., is a senior staff writer for Sovereign Health, where she translates current research into practical information. She earned her Ph.D. in research and theory development from New York University and has decades of experience in clinical care, medical research and health education. Sovereign Health is an important health information resource, and Dr. Connolly helps to ensure excellence in our model. For more information and other inquiries about this article, contact the author at news@sovhealth.com.



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WHO GIVES A LUCK?

Good luck, bad luck, dumb luck. You have heard them all before. Maybe you've experienced all three in your lifetime. Sometimes you feel lucky on purpose. Other times you feel unlucky or you just feel like you "struck gold" somehow by chance. March is known for celebrating Saint Patrick, usually by drinking and pinching someone for not wearing green. Those of us who have suffered from addiction and alcoholism have probably had some bout of celebrating the patron Saint of Ireland. Any day for an alcoholic can be a celebration. So, in all reality, St. Patrick's Day has just been another good excuse to drink. Maybe some of you have even experienced one form of luck on this actual day. Like getting stopped by the police, but managing to get out of it, blessing Saint Patrick, swearing not to drink and drive. Or maybe you're the person who got sober as a result of St. Patrick's Day by experiencing your bottom on this exact day.

Let's put aside whatever your experience is with luck on Saint Patty's Day and just talk about luck for a minute. Both of us are those kind of recovering alcoholics in meetings that say hi my name is _____ and I'm a grateful alcoholic. For a lot of us (especially in the pink cloud of recovery... You know, your first several months in recovery where everything is magically delicious in life) it can be easy to be grateful for being sober. It's a much greater challenge to feel lucky for being an alcoholic when we are feeling the suffering that accompanies it. This is where the real magic is. Without suffering how would we know joy. This is the duality of living that gives meaning to our existence. Everything! I mean everything has an opposite. How could we appreciate the warmth of the sun without its absence. I once met a guy on a train in Norway way up north where I learned that about half the year they don't experience the sun very much. He talked about the day he was at his military post when the sun arrived after months of darkness. He spoke as if it woke him from a deep sleep and how grateful he was.

So when we say we are grateful alcoholics, we realize that the life we have is in direct correlation to the suffering we experienced in our addictions. Some would say we had bad luck to be alcoholic, but the truth is that it was our greatest blessing. Luck, if we could see from the eagle view of our entire life, would say here you go. You see in those dark moments what happened right after; more freedom, more joy, greater appreciation or clarity. Review your past and look for those moments where the dawn of your spiritual growth came after the darkest hours in your life. It's universal. Where do you think the arc of stories come from. They say, there are only about five universal stories to tell. We just repeat them in unique ways. We are all the same.

Rudy's mother died from an overdose. Her name was Patty. She was also from an old East LA gang called, Eastside Clover. You may have guessed at this point, but her favorite holiday was Saint Patty's day. On this day Rudy celebrates his mother's greatest gift to him. Turning her suffering from addiction to spiritual alchemy, to gold. Her life is the sacrifice for the recovery and family we now have, and for that I'm the luckiest son ever.

Kelly's father is Irish descent. He descended from a lineage that is colored with insanity, alcoholism, and trauma - like any other good ol' Irish family. The genetic make-up also carries many natural gifts, and talents that hold much potential. Unfortunately, so many of them never had the opportunity to be expressed in the family tree. He passed 10 years ago, and exactly one year after he died Kelly had her first spiritual awakening, which led her to recovery. She deeply recognizes and appreciates his sacrifice as well. For he is doing in the spiritual realm far beyond what was possible within the limitations of his human form.

We have come to understand that we don't have to wait to leave our bodies to experience heaven. Heaven exists right here on Earth. The truth is we are all lucky to be here. Especially those of us who have found the rooms of recovery, and have the opportunity to heal from the effects of whatever ism we are healing from. And, we are lucky even when we don't feel like we are. There's that saying around the rooms "Don't leave five minutes before the miracle." Really, don't. You can't even imagine how glorious the sunshine is at the end of the dark tunnel. If it wasn't worth it, none of us would be doing it. And, if it were easy... EVERYONE would be doing it.

Con't Page 22

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IT'S A "WE" PROGRAM

Before I entered into the world of recovery, the only person I was of service to was myself. In most cases I would only help someone if there were something in it for me. I was a self-serving, selfish, egomaniac with a huge inferiority complex. However, within a month of entering recovery, all of that began to change.

My wife and I, were really close to Tom and Mary (fictitious names) and their two children. Tom and I, coached our boys together in soccer and baseball, and as families we would spend a lot of time together at Lake Mead. The funny thing about Tom and Mary is that neither of them drank; yet Tom was crazier than I was after I had several beers. What was even more baffling to me was that neither Tom nor Mary said anything to me about my drinking. Then again I was never really out of control around the two of them or the kids.

When I decided to check myself into the Betty Ford Center (BFC) for treatment, my wife called Mary to let her know what was going on, that is when Mary told Cathy that her and Tom were alumnus from the BFC. Mary assured my wife that she would be there for her, as my journey was going to be hard for not only myself, but for my wife as well. For the fifteen years that we had known Tom and Mary prior to my entering treatment, they were being of service in ways I would never of thought of.

They never revealed to my wife or myself they were not only sober, but also BFC alumnus. Never did they say anything about our drinking or judge us. As I look back on it now eleven years later, they were demonstrating how it was possible to have fun in life without alcohol.

Tom knew me fairly well, which meant he knew what it was going to take to help me stay sober. I wasn't a month into treatment when Tom was put in charge of reigniting the BFC alumni picnic. It was May in the Coachella Valley, and the temperature was already in the triple digits. Tom called me up and told me, not asked, that I was going to be on the grill for that picnic. I thought no way, it is going to be 110 degrees and I'm not going to be slaving over a hot bar-b-que all day. Well that wasn't the case and I showed up and did as I was asked, and in doing so, I was introduced to the power of service work.

By helping others that day, my self-confidence issues began to fade away. All day people were coming up and talking with me, not to me, and thanking me for being of service. The next year I was asked to take over the picnic and over the next five years that picnic grew from sixty people to over two-hundred people. In doing so, I was able to introduce several other men and women to the power and benefit of service work. Our friends Tom and Mary had been the pebble that started the ripple effect of service that would help hundreds, if not thousand of people in the last ten plus years.

As for myself, since those early years of recovery, I am still doing a lot of service work. I started by cleaning the ashtrays on the patio of our AA hall, then serving coffee and finally being the secretary of my home group meeting. I would pickup Yvonne, a lady dying of cancer, every morning and take her to and from our AA meeting. Becoming a sponsor was and is one of the greatest gifts I have received. Watching broken men turn their lives around is amazing and gives me such joy.

My greatest sorrow has turned into my greatest joy as a result of service work. For the past nine years I have been a part of a group called "It Happens To Boys." We speak at conferences, high schools, colleges, and treatment facilities about the sexual abuse of boys, and how it affects boys who become men. We bring awareness and educate both survivors and therapist on the prevalence of abuse, who the perpetrators are, and correlation between chemical dependency and sexual abuse.

Currently I am the Celebrate Recovery ministry leader at Destiny Church in Indio, CA among many other things. I could write pages, if not a book on how service work has helped me stay not just sober, but helped me recover and change my life. Service work is second only to God, the reason I remain sober today. For me, being of service is not work – it's an honor and a privilege. Remember that recovery is a "WE" program, not an "I" program. We need each other – I need you.

Randy Boyd is a licensed California Alcohol and Drug Counselor, Certified Life Coach, the founder of the Courageous Healers Foundation, and an associate of "It Happens to Boys." He speaks at conferences, schools, and treatment facilities, about the effects of abuse on men, and how men can heal from those effects. Read more on *Finding Your Bliss* in his New groundbreaking book addressing the sexual abuse of boys entitled "Healing the Man Within," a book for male survivors and their families, written by a male survivor. Available at Amazon.com, www.courageoushealers.org. Contact Randy at (760) 702-5498, email: courageoushealers@gmail.com



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GAMBLING ADDICTION & SELF EXCLUSION

Does it Work? We all know that old saying; "if you want something bad enough you will find a way to get it," and that is certainly true when you are talking gambling addiction. So, you decide you are going to "Ban" yourself from a casino so you can stop GAMBLING. Well, does this really work? Not from my personal ridiculous experiences.

Let us be educated about what gambling addiction is. Is it really just fun and games? For many affected, no, it is not and they will try anything to stop or control their gambling like self-exclusion from area casinos.

What is Gambling Addiction? Here is what my friends of the National Council for Problem Gambling say about this addiction. As 1% of our world population are now problem gamblers.

Problem gambling or gambling addiction: includes all gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits. The essential features are increasing preoccupation with gambling, a need to bet more money more frequently, restlessness or irritability when attempting to stop, "chasing" losses, and loss of control manifested by continuation of the gambling behavior in spite of mounting, serious, negative consequences. In extreme cases, problem gambling can result in financial ruin, legal problems, loss of career and family, or even suicide. And again, have no sense or fear of consequences from the destruction they are causing.

Isn't Problem and Addicted Gambling a Financial Problem? No. Problem gambling is an emotional problem that has financial consequences. If you pay all of a problem gambler's debts, the person will still be a problem gambler. The real problem is that they have an uncontrollable obsession with gambling. But, in order to recover, the gambler needs to be willing to accept and surrender to the fact that he or she is in the grip of a progressive illness, and has a desire to get well and stop gambling.

Is Problem Gambling about weak or financially irresponsible people? No. Many people who develop problems have been viewed as responsible and strong by those who care about them. Precipitating factors often lead to a change in behavior, such as retirement or job-related stress.

The #1 gambling addiction fact that you should know, is that gambling is NOT just a financial problem. Some problem gamblers do not have financial issues even though they may lose money gambling. Gambling is an emotional issue where a person feels the need to gamble to alleviate stress, or because they feel a certain type of euphoria when they gamble. Gambling is an obsession that can take over your life if you let it go too far, this can lead to the loss of relationships, jobs, and, yes, finances, but the issue behind compulsive gambling is not financial, it is emotional.

So Does Self Ban or Exclusion really Work? For me, gambling became a way for me to cope, escape, and numb old feelings that came back to haunt me of what I went through as a little girl in my early childhood, then into a teen and on into adulthood. And even though 12-Step programs and support tell us we can arrest the addiction and recover, I myself disagree from a "treatment" standpoint.

In order for me to reach full recovery, I had to process all the "old" in a healthy manner of all the underlying issues, before I was able to grasp a well-balanced recovery and make it into long-term recovery. As I am a firm believer in doing the "inner work" within ourselves it is just as important as learning the skills, tools, and being educated about the disease.

What Is Self-Banning or Self Exclusion? Now keep in mind, each STATE in the U.S. may have their own rules and policies about this option to help someone stop gambling. So for an example, I currently live in the State of Arizona, I will share this STATE'S options as there are Indian Tribe Casinos all over this state, people have many options and ACCESS to GAMBLE.

From the Arizona Dept. of Problem Gambling about Self-Banning: Self-Exclusion or Self-Ban is a process that allows a person to request to be banned from all Indian Gaming Facilities within the State of Arizona, and to be prohibited from collecting any winnings, recovering any losses, and the use of any of the services or privileges of the facility. You can choose either a one-year, five-year, or ten-year exclusion. This exclusion is irrevocable and cannot be altered or rescinded for any reason during the selected time period on the form.

How Do I Exclude Myself? There are a number of ways you can go about excluding yourself. You can download the exclusion form and follow the instructions, or do it in person. Remember each state has a different process.

Many casinos and states are also trying to help by offering additional Ban Services such as: **Banning Yourself From ATM's at Many Casinos:** The Everi STeP program allows you to exclude yourself from using ATM's at over 1000 gambling locations.

Ban Yourself from Internet Gambling: Gamblock prevents access to internet gambling sites. I have heard many stories through the years, good and bad, about self-banning. Here is a website I came across with stories, that are both Positive and Negative, of gamblers who self-banned on Psych Forums-Gamblers Banned. I feel you should visit it, to see how it has worked for others. Bottom line is that you do what it takes to get your life back and "QUIT TO WIN!"

Catherine Townsend-Lyon is the Best-selling Author of her debut Memoir titled; "Addicted to Dimes, Confessions of a Liar and a Cheat" available on Amazon online. She has been in long-term recovery from gambling addiction and advocate on how it effects and impacts our communities and families. She is a recovery writer and columnist for "In Recovery Magazine" and shares her experiences and recovery in many popular recovery publications and interviewed articles. She can be reached at LyonMedia@aol.com



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RECOVERY

IT'S AN INSIDE JOB

By Chris Grosso

I'm not a yogi from the Himalayas, a preacher in a pulpit or a "spiritual teacher" with dollar signs in my eyes. The truth is, early in life my curiosity got the better of me, and led me down some roads that resulted in years of heavy drug and alcohol addiction. These dark places ultimately brought me to a very real life-or-death search for something more.

For me, the first step toward contemplative development was recovery. Let's face it, waking up in a jail cell with little to no recollection of how you got there really isn't anyone's idea of a good time—okay, at least it's not most people's idea of a good time. However, thanks to living in active addiction for many years, I've managed to accomplish this feat on more than a few occasions. I've knocked on death's door numerous times because of my addiction, and have spent more time in detoxes, rehabs, psychiatric hospitals and jails than I care to (or can) remember.

After using from the age of 15 until I was 33, I'm grateful to be sober today. This isn't my first time in recovery, but it's definitely the longest and most heart-centered attempt I've ever made. I attribute the better part of these years of recovery to something I'm grateful to have finally learned, something I'd let slip through my ears at 12-step meetings or while listening to various dharma talks for far too long. So, I ask you to please hear me when I say that the healing process—which goes for both addicts and non-addicts alike—is always, always, an inside job. How I wish I'd let that sink in sooner.

I would actually believe whenever I'd made it to around six months clean, and begun getting material things back in my life like a job, car and apartment, that I was fine, I was cured. I had the warped idea that I was "recovering" because I was abstaining from drugs and alcohol. If I had money coming in

through steady work, was somewhat accountable to people, had a girlfriend and was on good terms with my family, then in my mind I was recovering...except the thing was, I wasn't, not even a little.

Sure, I was going to some 12-step meetings while also frequenting various meditation groups. I certainly talked the talk, but by keeping my "recovery" material-based, and never cultivating the courage to look at and work with the real problem—the residual mental, emotional and spiritual mess left inside of me—I was only prolonging the inevitable, which was picking up and using again.

Today, while recognizing that recovery is only a day-at-a-time reprieve, I've finally come to know better. Through the 12-step fellowships as well as various spiritual teachings and practices like meditation, mantra and self-inquiry, I've learned that in order to heal, I have to fearlessly and intimately sift through the wreckage of my past—something that can be terribly scary, difficult, and entirely unpleasant. In order to have a fighting chance at saving my life, this is a decision that I have to make on a daily basis; and today, I choose life. I choose to be fearless in the face of adversity. (Please note: The 12-step fellowship and various spiritual practices and teachings mentioned throughout, are simply what work for me. I encourage you to find whatever model works for you, whether it's yoga, refuge recovery, integral recovery or whatever other means resonate for you, and allow the healing to begin.)

I feel blessed to be a part of the miracle of recovery, a miracle that continues to unfold not only in my life, but also in countless other lives everywhere. At the same time, the nightmare of addiction is still very much alive for many suffering addicts—and not only the addicts themselves, but their loved ones too, who can do little more than watch helplessly as the life of the person they love deteriorates.

You may not be able to relate to any of this, but I would guess that, even if my specific experiences aren't yours, you still have your own emotional scars, your own painful memories. If so, I want you to know that you're not alone. There are many of us here with you, right now and in this very moment. We may not be physically present, but at the level of the heart, and in the place of Everything Mind—the place where we feel both the most excruciating pain and the most overwhelming love—we're right here, side by side.

There are times when I still feel guilty for having survived when so many others didn't. It's at those times, though, that I have to give myself a reality check and recognize that while yes, I've done some terrible things in my life when under the influence, I've also been blessed with the opportunity to help others in their own process of recovery (and not just from addiction). For me, there's no greater gift than that—the chance to be of service and help others help themselves.

I hope anyone who's struggling with addiction, depression, self-loathing or feelings of hopelessness finds some semblance of hope in my words, some way to engage their "contemplative development" or, at the very least, learns from my past mistakes and saves some time and pain in their own healing process...because we're all human, we're all recovering from something and we've all hurt enough already, haven't we?

By Chris Grosso. Adapted from, *Everything Mind: What I've Learned About Hard Knocks, Spiritual Awakening, and the Mind-Blowing Truth of It All*, by Chris Grosso. Copyright © 2015 by Chris Grosso. To be published by Sounds True in October 2015. www.theindiespiritualist.com



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Book Reviews

POINT OF RETURN, Book Two; Written by Andrew T Martin. Published by SERENE CENTRE, INC

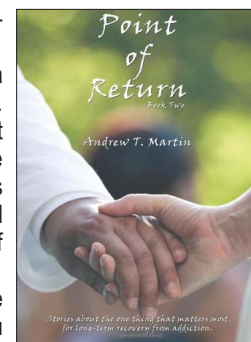
A few months ago we did a review on "Point of Return, Book One", a book for the addict that wants to recover, but doesn't believe he or she can. People told their stories about different types of addictions and how they got to the Point of Return. This book is more of the same. Many people were so impressed with these personal stories that they wanted more. Others felt that their stories, being a bit different may help people. These are real people that are baring their soul in hopes that you can find hope for yourself in their story.

The fact is that everyone can recover, they just need to put in the work. You need to WANT to leave your addiction behind you. I hope you find a story here that will help you start on your road to recovery.

While reviewing this book, I found some statements that I loved: 1) That day in jail, I realized that I could lay here and die or get up and fight for a life. 2) Change the acronym for FEAR, from Forget Everything And Run to Face Everything And Recover. 3) Take a deep breath in and say, "Faith In" then let the breath out saying, "Fear Out".

This book also helps the addicts loved ones understand the disease. This is a DISEASE.

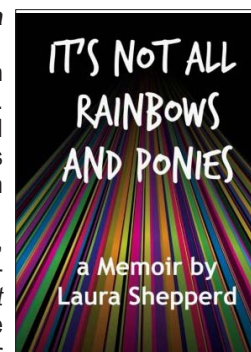
Andrews' hope is that someone who is desperately seeking a point of return will find it in these pages, and his wish is for the reader to find, within these words, the Hope, that will help them recovery. Available at Amazon.com.



IT'S NOT ALL RAINBOWS AND PONIES, A memoir by Laura Shepperd. Written by Laura Shepperd. Published by BWSBooks 2016.

I actually found Laura on a blog that I was following, and I read an excerpt from this book. It was Chapter 8. It was a goodbye letter to alcohol. I read it and cried, my Mom read it and cried. I knew I needed to get a hold of the author and review this book. "It's not all Rainbows and Ponies" takes you on a heart wrenching journey through the stages of treatment, from beginning to end.

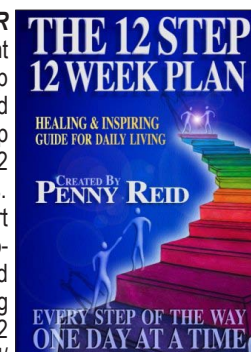
From the phone call that was to start it all, to the discharging process, and the miracle that happens in between. Laura is extremely raw and candid all the way through. I loved the beginning statement "The First drink. It was the only one I ever really wanted, but never the only one I had." All the way to the last chapter when Joe the counselor states the facts about their disease during discharge. "Nobody in here or out there can keep you sober. Only your higher power can. Stay connected to him. Talk to him in the morning... Then at night thank him. And make some meetings in between. They won't keep you sober, but you will stay connected to your program, and other addicts and alcoholics. And the most powerful thing you can do for your sobriety is help another alcoholic." Wow! Good ole fashioned recovery. So refreshing to read. Laura Shepperd thank you for taking us on your journey and carrying the message of hope. Available at Amazon.com.



THE 12 STEP 12 WEEK PLAN: HEALING & INSPIRING GUIDE FOR DAILY LIVING. By Penny Reid. Published by CreateSpace Independent Publishing. This plan of action book is filled with helpful information, to help ignite the desire of those new to the 12 Step program. This book is structured to give an understanding of each one of the steps clear and concisely, step by informative step the reader is given a complete overview of what the 12 Steps are, and the total understanding of how to infuse them into their lives.

Since 1935 millions of individuals has had the privilege to become part of something that's bigger than themselves, once the spirituality of the program takes root, AA then becomes a way of life that overrides our selfish and self-motivating perception of life. Penny Reid takes you through the looking glass, and allows the beginner to see the incredible foundation that the 12 Steps establishes for those seeking solutions for the specific addictions, and/or disorders that they're battling.

The layout that has been given in this remarkable book displaying the 12 week plan is excellent for the beginner, it is a perfect introduction into the 12 principals and 12 steps of action that will be required. I love the way Penny Reid constructed this book which is easy to read and follow, outlining a uniquely and instrumental view of the application that will assist in the recovery process, illustrated from the very first page and throughout the entire book. This is a must read for those who are not just interested in applying the 12 Steps, but are willing to begin the rewarding journey of sobriety ASAP. Available at Amazon.com.



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



RECOVERY & PERSONALITY CHALLENGES

The only specific promise my 12-step program makes is "freedom from active addiction." But since recovery is much more than mere abstinence, once liberated from the straightjacket of the obsession and compulsion to use, the focus of attention expands to include in-depth examination of the content of one's character, and its relationship to quality of life considerations. In Step 6 of the 12-Steps ("We were entirely ready to have God remove all these defects of character.") the primary tasks are to identify the specific aspects of one's personality that get in the way of learning, growth, and healing, and become ready to relinquish them.

The 6th Step is about developing conscious awareness of, in the parlance of 12-step recovery, the "defects of character" that pose internal obstacles to ongoing recovery, the kind of person we want to be, and the kind of life we want to live. Step 6 fits together hand-in-glove with Step 7, which is about drawing on a burgeoning sense of spirituality as a resource, to help remove those character defects or "shortcomings," or at minimum, reduce their influence in our lives.

Character defects, as ominous and malignant as the term may sound, are merely personality traits, attributes, reactions, and attitudes, that create problems for us in coping with life as it is. They tend to emerge and become more prominent in response to stress, and various forms of emotional and physical pain. It may be more helpful to view them as character challenges. In fact, everyone, whether they struggle with addiction or any other serious condition, or not, has certain prickly or problematic personality characteristics.

We are really talking about basic human qualities and the ways of relating to oneself, to others, and to the world, that have become exaggerated and distorted, contributing to imbalance and creating additional suffering for us and those around us, as a result of the obsessive thinking, compulsive behaving, and self-centered attitudes that have become hardwired in the disease of addiction. Our personality is a set of characteristics that make a person uniquely who they are. Personality traits are consistent and lasting patterns of perceiving and relating to oneself, and one's environment. Everyone has a variety of different personality traits, some are healthy and adaptive; others not so much.

The past is often present in our reactions to people and situations, tinting the lenses through which we see with residue from earlier in life, based on experiences growing up in our families of origin, and from previous stages of development. Many reactions are unconscious and automatic, like a reflex. When a doctor checks your reflexes, he or she taps you just below the knee with that special rubber hammer, and if your reflexes are working well, your foot jumps up. You don't have to think about it, it just happens...instantly.

Personality challenges breed reactions that are especially prone to reflex. Such reactions tend to be impulsive and immediate, and interfere with the ability to respond skillfully to the vicissitudes of life. It is frequently not how the person intended to act, and rarely how they wanted to act. Such reactions are consistently self-defeating, and destructive, usually making the situation, and how everyone involved feels about it, worse. The more my reactions occur automatically, under the influence of my personality challenges, the more likely they are to cause suffering for myself and those around me.

The other aspect of the Sixth Step involves becoming ready to let go of our identified personality challenges. The process of letting go of the old and unhealthy, is at the heart of moving from the darkness of active addiction into the light of recovery. Consistent with Taoist and Buddhist approaches, letting go begins when I become consciously aware of how I create suffering for myself and others. The letting go of personality challenges is actually a continuation of the process that occurred in each of the previous steps. It is the process of surrendering the things that separate me from others, so I can move beyond what no longer works:

- In Step 1, I let go of the belief that I was not an addict; I let go of using and thinking that I could control it, and that my life was okay as it was.
- In Step 2, I let go of the belief that I could recover from my addiction without the help of powers beyond myself.
- In Step 3, I began to let go of the need to control other people and situations, as well as to be "right," by establishing a conscious connection to that which is beyond myself.
- In Steps 4 and 5, I let go of the dishonesty and secrets that I had held onto and guarded closely for so many years, and began to shed some of the shame that went with them.

Many people naturally act out on their personality challenges in situations that are stressful, uncomfortable, or painful because that is what they have always done. Even if they've made a commitment to themselves and others that they won't act that way any more, like a reflex reaction it happens automatically, and continues to happen. The only way to make those kinds of positive and healthy life changes is to act differently. If I want different results, I have to do things differently.

Dan Mager, MSW is the author of Some Assembly Required: A Balanced Approach to Recovery from Addiction and Chronic Pain (Central Recovery Press, 2013) and Discover Recovery: A Complete Addiction Recovery Workbook (Central Recovery Press, 2017), available at Amazon, Barnes and Noble, and centralrecoverypress.com. He blogs monthly for Psychology Today at <http://www.psychologytoday.com/blog/some-assembly-required>.



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Contact

Cindy Busto, LCSW CindyBusto@wcccla.com
Jody Frank, LCSW JodyFrank@wcccla.com
Encino, CA wcccla.com



WEDNESDAY, MARCH 1, 2017: (Weekly March 8th, 15th, 22nd) 12th Step Yoga, 7:15-8:30pm. Santa Monica Yoga. Free Donation Weekly Yoga Class in Safe Environment. 1640 Ocean Park Blvd., Santa Monica, California, 90405. Contact Dennis (310) 266-2698 or dennislyonsyoga@gmail.com.

SATURDAY, MARCH 4TH, 2017: Every Saturday Night (Weekly March 11th, 18th, 25th). Music and Meeting. 9:30-11:30 pm. The New Radford Hall. 13267 1/2 Victory Blvd. Van Nuys, California. Contact Ron (818) 823-3633.

SATURDAY, MARCH 4TH, 2017: ASL (American Sign Language) 4:pm. Garden Grove Alano Club. 845 Belfast Dr., Garden Grove, California, 92844 www.ggalano.org.

SATURDAY, MARCH 4TH, 2017: ACYPAA 12 Traditions Panel Comedy Show and Spaghetti Diner. 7:pm-11:pm. The Comedy Zone. 945 Paseo Grande, San Lorenzo, California. \$20 Suggested Donation. Kristal M. Events Chair (510) 931-9466.

SATURDAY, MARCH 11, 2017: SFVYPAA Presents Super Flag Saturday. 12pm-8pm. Games 12 pm, Meeting and Food Sundown. 22300 Chatsworth St. Chatsworth, California, 91311 Contact Michael (805) 377-1695.

SUNDAY, MARCH 12, 2017: SFVYPAA in AA. Business Meeting. 2pm. San Fernando Central Office. 16132 Sherman Way, Van Nuys, California, 91406. (818) 988-3001.

SATURDAY, MARCH 18, 2017: Pancake Breakfast every 3rd Saturday at the Orange Friendship Club. All You Can Eat for \$2.50 2191 Orange-Olive Rd., Orange, California. Call the Club for time (714) 637-9860.

SATURDAY, MARCH 18, 2017: St. Patty's NA Dance at the 202. 10pm-1:30am. Snacks and Drinks Available. Don't Forget to Wear Green. \$5 Cover. 202 W Broadway, Anaheim, California. For More Info Call: Todd (714) 209-8571 or Tom (562) 713-2795.

SATURDAY, MARCH 18, 2017: Pajama Jam. Meeting-Dance- Fellowship. Meeting 8pm, Dance 9:30-12am. Suggested Donation \$7. 235 E. Cota St. Santa Barbara, California, 93101.

THURSDAY THRU MONDAY MARCH 30-APRIL 2, 2017: XLV ACYPAA San Ramon Raised From the Dead. San Ramon Marriot Hotel. 2600 Bishop Dr., San Ramon, California. Register now for \$20 www.acypaa.org.

UPCOMING:

SATURDAY, APRIL 15TH, 2017: The Windsor Club give you Dance Therapy. Mostly old school music, by DJ Nicole. Dance starts after the 8pm AA meeting. 9:45pm to 1:30am, suggested donation \$7, Club members \$5, Platinum members Free. Snacks & refreshments, 50/50 Raffle. for more info call (818) 242-1350. The Windsor Club 123 West Windsor Road, Glendale, California, 91204.

FRIDAY- SUNDAY, APRIL 14-16, 2017: 32nd OCAA Convention. Double-tree Hotel Anaheim/ Orange County, 100 The City, Dr. S., Orange, California, 92868. www.oaac.org.

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EVERY LIFE MATTERS: A MOTHERS VIEWPOINT

Being the mother of an addict thrust me into a world I never wanted to visit, yet alone live in. This world was full of chaos, lies and feelings of both helplessness and hopelessness. I referred to this time as the roller coaster ride from hell. One day things are looking up, full of hope and promise, the next day life was spiraling out of control. Addiction was like that. Giving you the illusion of control. Controlling the addict. Controlling your reaction to the addiction. Controlling anything you could get your hands on.

During this time I received a front row seat, hands on education into the world of addiction. At first I bought into the mindset that addiction was a self inflicted condition. That if my son really wanted to stop he would. I never understood the assault being inflicted on his brain and body by the opioids he used daily, until the day he decided to detox at home. It wasn't by choice. He blew through his monthly supply in two weeks and had no money to add to his supply. Being a nurse I wasn't afraid. I really knew very little about what to expect.

The first day wasn't too bad. Some shakes, sweats, nausea and irritability. By the second day I was panicked. His body was raging war with itself. I was witnessing a medical nightmare. If I had any pills I would have demanded he take them to stop the madness. I learned from that experience that addiction was not self inflicted. Addicts must continue to use in order to live. If they don't the brain and nervous system wage a war the addict will never survive.

During this time I also learned that society's mindset is addicts are disposable people. That their lives just don't matter. After all they are a drain on the system. Most are unemployed, living on welfare and getting free health care. What the public doesn't see is the person behind the disease. My son was a beautiful man. He worked, paid bills and taxes. A back injury led to surgery that led to chronic pain. That pain led him to become one of the many victims of a pain management practice in Delaware. These pill mill docs lined their pockets with cash while supplying a steady source of brain altering drugs. Knowing that as time went on their patients would become addicted to the poison they prescribed.

No one faults the prescribers, those who are licensed to push pills. It's easier to blame the victim, the addict. No one would dare think that a doctor would cause harm. Doctors are held in high esteem. The God complex. After all doctors are trained to save lives. "Do no harm" is their oath. What many people don't realize is that all doctors are not created equal. The problem with abuse isn't just from illicit use, but from the legitimate prescribing of Opioids. It's big business for drug companies and doctors.

So here we are again. Blaming the addict. The victims of a broken system. Victims caught in a trap that has no escape. Victims of a disease so powerful that it changes the physiology of the brain. The brain turns on the owner. As the opioid receptors multiply the brain forgets how to make natural endorphins. It becomes dependent on drugs to give the same effect that their body would be able to produce prior to addiction. In other words, addicts are screwed.

Not only do addicts battle a powerful brain altering disease, they also have to battle the stigma and bias. Public perception of addiction is a big part of the problem. People believe addiction is self inflicted. Addicts chose to use. No one gets the fact that addiction is not a choice. It's not a lifestyle. It's a chronic, treatable disease, just like cancer. Except with cancer comes sympathy. With addiction comes stigma. No one likes an addict. They are disposable people. They chose their lifestyle. Who cares if they die.

This mindset permeates through the medical community. What other disease is limited in a time frame of care and follow up? Addiction receives 30 days per year for allowable in-patient or out patient care. That means if the addict can't get completely detoxed, find a rehab and fly through the treatment plan in a mere 30 days they are dropped from the system, and must wait until they overdose to receive any further life saving treatment. Yet, no one blames this broken system. A system that is set up to fail those suffering from addiction. The blame once again falls on the addicts.

Never before has the perception surrounding addiction been more in the limelight than recently. First responders verbalizing feelings when responding to the scene of a medical emergency. An overdose. People who never had to live through the hell of being an addict or ever felt the pain of loving an addict. Showing their ignorance regarding the value of human life. People trained to save, but unable to see past the disease to the person suffering from it. To think that an addict is not worth saving or doesn't deserve to live. It's this mindset that continues to hurt the perception of addiction as a disease. To think that human beings could show such callousness toward one another.

Before passing judgement on an addict please imagine what it must be like to be one. To suffer from the most demoralizing, misunderstood, stigmatized disease. A disease that no one recognizes. A disease that carries the ugliest stereotype. To feel like a nobody. Unworthy of being loved. The world has given up on you and left you for dead.

Now imagine being the mother of an addict. A mother who's child grew up and became a victim of overprescribing physicians. A victim who's chronic pain changed him into one of the 44,000 people who overdosed and died in 2015.

Con't Page 22

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

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

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

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

For more information visit
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Keys to Recovery Newspaper, Inc. is printed and distributed heavily throughout California and now in 26 other U.S. States. Having a current print run of 20,000+ newspapers and a readership exceeding 90,000 per month, we are already a solid and formidable presence. Although we have digital access to our publication, our primary focus is distributing hard copies. Our newspaper targets readers who are seeking recovery from all types of addictions, disorders and alcoholism and the loved ones who are affected as well as anyone wanting to know more about addiction and recovery. Here are some of the types of facilities we are distributing our recovery newspaper to:

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- Police Departments
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- Recovery Stores
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- Rescue Missions
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- Transitional Housing
- Therapist Office
- Recovery Conventions & Conferences, Industry Networking Events & many more locations each and every month.

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

Vital Services Resource Guide

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

RESOURCE GUIDE

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

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

A.A. San Fernando Valley Central Office: (818) 988-3001.
A.A. LA Central Office: 4311 Wilshire Blvd., #104 Los Angeles, CA 90010, www.lacoaa.org (323) 936-4343 (800) 923-8722.

A.A. 8752 S Broadway, Los Angeles, CA 90003, www.aa.org (323) 750-2039.

A.A. San Gabriel / Pomona Valley - Central Service Office, www.aasgvco.org (626) 914-1861.

A.A. Santa Clarita Valley Central Office: <http://www.aas-cv.org> (661) 250-9922.

Al-Anon Family Groups: www.al-anon.alateen.org (888) 425-2666.

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

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

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

Adult Children/Codependents: 12 step & recovery based meetings, Every Thurs. & Sun. at 6pm 8742 Mulberry Dr, Sunland, CA. For info call Lisa Moss (818) 293-2222.

Addicts for Christ: Los Angeles www.addictsforchrist.org (310) 452-4328.

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

California Dept. of Health Care Services: www.dhcs.ca.gov (800) 735-2922.

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

CEA-HOW: Compulsive Eaters Anonymous- Honesty, Open Mindedness, Willingness Recovery for Compulsive Over Eaters. 5632 Van Nuys Blvd. # 401, Van Nuys, CA. 91401

Cocaine Anonymous: of the SFV (818) 760-8402.

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

Clutterers Anonymous: (866) 402-6685.

Co-Dependents Anonymous: (CoDA) Los Angeles (323) 969-4995.

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

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

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

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

Debtors Anonymous: www.SoCalDA.org (310) 822-7250.

Eating Recovery Center: (877) 957-6575, www.EatingRecovery.com/Jenni.

ERC Insight: (Mood, Anxiety, Trauma) (877) 737-7391, www.jennischaefer.com/seek-help.

Emotional Anonymous: www.emotionsanonymous.org

World Services (651) 647-9712.

Food Addicts Anonymous: www.foodaddictsanonymous.org

World services (772) 878-9657.

Food Addicts in Recovery Anonymous: (FA) www.foodaddicts.org (781) 932-6300

Families Anonymous: www.familiesanonymous.org (800) 736-9805.

Gamblers Anonymous: (GA) www.gamblersanonymous.org (626) 960-3500.

Problem Gambling: 24-Hour Help Line (Calif.) (800) Gambler or (800) 522-4700.

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

Laughing Yoga Recovery: for Stress reduction and wellness, breathe, love, laugh and be happy, (760) 832-9992.

MADD Mother Against Drunk Drivers: www.madd.org (877) MADD.HELP

Marijuana Anonymous: www.marijuana-anonymous.org

World Services (800) 766-6779.

Marijuana Anonymous: www.marijuana-anonymous.org

Los Angeles (310) 494-0189.

Marijuana Anonymous: www.marijuana-anonymous.org

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.sci-na.org (800) 642-0666

Nar-Anon Family Groups: www.nar-anon.org/naranon (800) 477-6291 or (310) 534-8188.

National Council on Alcoholism and Drug Dependence

Headquarters: (All NCADDs 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.

International Obsessive Compulsive Disorder Foundation: (OCD) www.ocfoundation.org (617) 973-5801.

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

Overeaters Anonymous: www.oa.org World Services (505) 891-2664.

Overeaters Anonymous: Meeting Hotline 24 Hour (323) 653-7499.

Overeaters Anonymous LA Intergroup: www.oalaig.org (323) 653-7652.

Pills Anonymous: (PA) www.pillsanonymous.com

Rageaholics Anonymous: www.rageaholicsanonymous.org

Recovering Couples Anon: www.Recovering-Couples.org (781) 794-1456.

RumRadio.org: comprehensive 12 Step sponsorship informational resource website (512) 267-4707.

Secular Organization For Sobriety: (323) 666-4295.

Sex Addicts Anonymous: (SAA) www.saa-recovery.org (800) 477-8191.

Sex & Love Addicts Anonymous (SLAA): www.slaalos-angeles.org (323) 957-4881.

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 1 (800) 977-HEAL.

Sexual Recovery Anonymous (SRA): www.sexualrecovery.org (323) 850-8565.

S-Anon: (Friends and Families of Sex Addicts) www.sanon.org (800) 210-814.

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

Survivors of Incest Anonymous (SIA): (410) 893-3322.

www.siaawso.org

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

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

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

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.

Chicana Service Center (English, Spanish) (323) 268-7564.

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

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

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

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

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

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

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

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

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

House of Ruth (909) 623-4364.

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

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

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

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

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

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

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

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

Prototypes (walk-in center only) (323) 464-6281.

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.scadp.org (562) 949-5358.

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

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

EMERGENCY HEALTH & MENTAL SERVICES

AIM HealthCare Foundation, physical & emotional needs of those who work in adult entertainment (818) 981-5681.

Armenian Relief Center, Prevention of drug/alcohol abuse (818) 242-2390.

Because I Love You, Nationally Known Parent And Teen Support Group. (818) 882-4881 or www.bily.org

County of LA Depart. of Mental Health has complete listing of mental health providers at www.dmh.co.la.ca.us/providers/allprov.htm, (800) 854-7771.

Fetal Alcohol Syndrome Information (626) 793-7350.

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

Hope of the Valley (Mission Hills) Recuperative Care Shelter (818) 392-0020.

National Alliance on Mental Illness (NAMI) San Fernando Valley Chapter, Free www.nami.org (818) 994-6747.

National Runaway Switchboard (800) Runaway.

San Fernando Valley Counseling Center, affordable mental health services (818) 341-1111.

MEALS SERVED & SERVICES OFFERED:

Call the Homeless Shelters we have listed as most have food programs.

THE MIDNIGHT MISSION meals served 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. Vegan non-profit: Last Sunday of Each Month 1pm North 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) 358-3663.

FOOD BANKS

APLA's Necessities of Life Program 7336 Bellaire Ave., N. Hollywood Thursday 10:30am to 4:pm, (213) 201-1600.

As You Are Church, 7855 Lindley Ave., Wednesdays & Fridays, call for hours, (818) 758-1700.

Catholic Charities/Guadalupe Community Center 21600 Hart St., Once a month, or on emergency basis. Food recipient must register (818) 340-2050.

Children's Hunger Fund 12820 Pierce St., (818) 899-5122.

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.

INFO LINE of Los Angeles Phone: (800) 660-4026.

Los Angeles Food Bank (323) 234-3030.

North Hollywood Interfaith Pantry - 4390 Colfax Ave., M & F open from 9:am to 1:pm - (818) 980-1657.

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

Vital Services Resource Guide

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FOOD BANKS Con't

Our Redeemer Lutheran Church 8520 Winnetka Ave., Winnetka, CA (818) 341-1629.
St. Jane Frances Food Pantry 13001 Victory Blvd., North Hollywood, CA (818) 766-7393.
St. Bridget of Sweden Catholic Church - Tuesday 11:am to 4:pm 7100 Whitaker Ave., Van Nuys, CA (818) 780-8294 .
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 Van Owen St., (818) 988-7682.
West Valley Pantry - 7304 Jordan Ave., Canoga Park, CA (818) 887-6101.
West Valley Food Pantry (Prince of Peace Church) 5700 Rudnick Ave., Woodland Hills (818) 346-5554.

HOUSING & HOMELESS SHELTERS & RELATED

At The Fountain Transitional Living (310) 631-1600.
Beyond Shelter: Homeless Services (562) 733-1147.
Casa Youth Shelter (562) 594-6825.
Centennial Place Permanent Housing (626) 403-4888.
Children of the Night (818) 908-4474 ext. 0.
Children's Hunger Fund (818) 899-5122.
City of Refuge Rescue Mission Personal Good Service (323) 759-2544.
Covenant House California (CHC) provides shelter and services for homeless, at-risk, & trafficked youth 18-24, 1325 N. Western Ave., Hollywood, CA 90027. (323) 461-3131. www.covenanthousecalifornia.org
Dimondale Adolescent (323) 777-6258.
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.
Global Childrens Organization (310) 581-2234.
GRCN Connecting Communities (562) 293-7595.
Glendale YWCA Domestic Violence Project (818) 242-4155.
Global Human Service Inc (818) 507-6026.
Friends helping Friends Inc: Homeless, No Money, We can help - Sober Living. (323) 293-9778.
Family Promise (818) 847-1547.
First Step Transitional Living Foundation (323) 830- 6517.
HPRP Los Angeles Homeless Assistance (213) 683-3333.
HPRP Pasadena Homeless Services (626) 797-2402.
HPRP Huntington Park - Homeless Services (323) 388-7324.
HPRP Lynwood - Homeless Assistance (310) 603-0220.
HPRP Compton - Homeless Assistance (310) 605-5527.
Habitat For Humanity (818) 899-6180.
Harbor Rose Lodge (310) 547-3372.
Hazel Transitional Housing (213) 327-7986.
Higher Goals Inc. (323) 755-9702.
Homeless Health Care Los Angeles www.hhcla.org, (213) 381-0515.
Homeless Adult Center (626) 403-4888.
Hope for Homeless Youth (213) 353-0775.
House of Hope (323) 663-1215.
Hope of The Valley: (818) 392-0020, www.hopeofthevalley.org December 1st thru March 15th Cold Weather Shelter (Pacoima & Sylmar) - Hotline (818) 207-8776.
Jenesse Center (323) 299-9496.
Joshua House For The Homeless (323) 759-1625.
Jordan's Transitional Shelter (323) 577-5941 or (424) 785-7781.
Lillie of the Valley Shelter (323) 971-4432.
Lamp Community Homeless Drop In Center (213) 488-0031.
Los Angeles Mission (213) 629-1227 x305.
Long Beach Family Shelter (562) 733-1147.
Long Beach Rescue Mission (562) 591-1292.
Los Angeles Youth Network (323) 957-736.
Los Angeles Family Housing (818) 982-3895.
Mitchell House Substance Abuse Treatment Veterans (310) 398-0191.

Nancy Painter Home Transitional Housing For Women (818) 246-5586.
New Image Emergency Shelter (323) 231-1711.
New Directions (Veterans) Res. Drug Treatment (310) 268-3465.
NCH National Coalition for the Homeless (202) 462-4822, www.nationalhomeless.org
OPCC Safe Haven (310) 883-1222.
Passageways Homeless Intake Center (626) 403-4888.
Pentecostal Outreach (562) 313-1257.
PATH: People Assisting The Homeless (323) 644-2200.
Rochester House Transitional Living (213) 986-5599.
Runaway Homeless Youth Shelter (310) 379-3620.
Rainy Day Emergency Shelter (562) 733-1147.
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 Westwood (310) 477-9539.
Sunshine Mission for Women (213) 747-7419.
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.
The Children's Life Saving (310) 450-3701.
TEAM HOUSING (310) 631-9516.
Union Rescue Mission (213) 347-6300.
Union Station Homeless Services (626) 240-4550.
U.S. Mission Canoga Park Transitional Housing (818) 884-4409.
Volunteers of America Homeless Support Services (626) 442-4357.
West Side Homeless Outreach, Inc. (310) 570-9065.
WLCAC Homeless Access Center (323) 563-4721.

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.

INFORMATION & REFERRAL SERVICES

Free Drug Testing Kit: www.Foundation2recovery.org, Prevention, Education, Treatment (561) 981-6214.
24 Hour DayCare, Referrals and Crisis Intervention Services (310) 669-5933 or (310) 427-4022.
California Rehab Guide: Free On-Line Rehab Directory - www.calrehabguide.com.
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 And Family Services (661) 949-1069.
The 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 (562) 927-5143

CAARR California Association of Addiction Recovery Resources (916) 338-9460, www.caarr.org
CADCA Community Anti-Drug Coalitions of American (800) 54-CADCA.

CCPG California Council on Problem Gambling www.cal-problemgambling.org (800) 522-4700.

CENTER FOR LIVING&LEARNING - employment & supportive services (818) 781-1073 www.center4living.lle.org

RAPE HOTLINES

RAINN Hotline (victims of sexual assault) (800) 656-HOPE.
Rape Hotline (24 Hours) (800) 585-6231. www.elawe.org

SUICIDE PREVENTION

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

National Suicide Prevention Lifeline (800) 273-TALK
Suicide Prevention 24Hour Assessment Center (800) SUICIDE (784-2433).

Suicide Prevention Center (877) 727-4747.

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

DISABILITY SERVICES

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

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

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

HEP C / HIV / AIDS INFORMATION

AIDS Project Los Angeles - APLA, Los Angeles - www.apla.org, The David Geffen Center, 611 S. Kingsley Dr., Los Angeles, CA 90005, (213) 201-1600 Main line, (213) 201-1500 Client line

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

HIV/AIDS Hotline (800) 367-2437. Spanish (800) 400-7432.
Clean Needles/Harm Reduction LA (323) 857-5366.

Friends of Aids Foundation (310) 401-4755. Referrals to National AIDS Hotline, (800) CDCINFO. (800) 344-SIDA (Spanish), (800) AIDS-TTY (TTD/TTY for deaf)

REACH (risk reduction education and 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, (714) 834-7926.

HEP C - APLA, Los Angeles - www.apla.org, The David Geffen Center, 611 S. Kingsley Dr., Los Angeles, CA 90005, (213) 201-1600 Main, (213) 201-1500 Client line
HepCHope: www.hepchope.com Hotline (844) 443-7246

On-Line Resources for Hep C: www.hepcsource.com • www.hepnet.com • www.harvoni.com • www.theliverinstitute.org • www.hepctreatmentlosangeles.com

*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.*

Organization/Company Name: _____

Services offered: _____

Address: _____

Phone: (____) _____ Cell (____) _____

Contact person: _____

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

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



MARY COOK

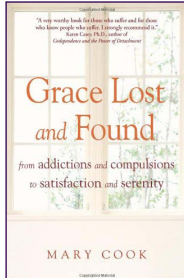
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- Living each moment to the fullest
- With less stress and more peace and joy
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I will work with you to

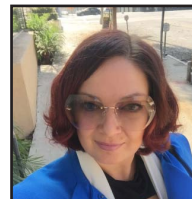
- Rebuild self esteem and integrity
- Be accountable and responsible
- Learn new life skills
- Release underlying issues that hold you back

Free yourself from the past and create a passionate and fulfilling life!

call Dr. Nita Vallens **818.783.6258**

Sunlight of the Spirit

CON'T FROM PAGE 5



Physician: "So, you feel like you're behind and it's discouraging. Is that accurate?"
At this point, they have an opportunity to assess whether or not you've understood them, giving them a chance to correct you if not.

Show you care. It's important to reaffirm with your patient that you are here to listen and to assess, given all the information they can provide. Express to them that you care about and are invested in their successful recovery:

Patient: "Yes, that's just it. It makes me feel like I'm somehow inadequate."

Physician: "I understand how you feel. It's easy to compare your journey to others going through similar experiences."

By learning the right tools and developing the practices that lead to increased empathy, physicians can facilitate more enriched patient-physician interactions, and this, as science has shown, can dramatically influence recovery for the better.

Elena Kapustina, MBA, PsyD, is a Founder and a CEO of Iris Healing Retreat - integrative addiction treatment center where empathy and spirituality lead to recovery. Iris is a co-ed sub-acute detox, residential and dual-diagnosis treatment center that focuses on resolution of trauma and spiritual growth and development. Our Doctorate level clinical team believes in treating the individual through a multidisciplinary and holistic approach that assists the clients in discovering their true spiritual self. (844)ONE-IRIS or (844)663-4747 | Office: 818-436-2646 | info@IrisHealingRetreat.com. www.IrisHealingRetreat.com

References: Del Canale, MD, PHD, S., Louis, MS, D., Maio, PharmD, MS, MSPH, V., Wang, MS, X., Rossi MD, G., Hojat PhD, M., & Gonnella MD, J. (2012). The Relationship Between Physician Empathy and Disease Complications: An Empirical Study of Primary Care Physicians and Their Diabetic Patient in Parma, Italy. Academic Medicine, 87(9), 1243-1249. doi:10.1097/ACM.0b013e3182628bfb • Moyers, T., & Miller, W. (2012). Is low therapist empathy toxic? Psychology of Addictive Behaviors, 27(3), 878-884. • Rakei, D. P., Hoeft, T. J., Barrett, B. P., Chewning, B. A., Craig, B. M., & Niu, M. (2009). Practitioner Empathy and the Duration of the Common Cold. Family Medicine, 41(7), 494-501.



Matters of The Heart

CON'T FROM PAGE 9



One thing that has become so crystal clear over the course of our ongoing transformation is the importance of community. At some point we're going to forget that we are the light. The darkness, our darkness, is going to feel really real. These are the moments where those we have let in will remind us of our truth. They won't buy the story that we are trying to sell. That story of despair, shame, and fear. The story that says "I am bad, or evil," "I am crazy or dangerous," "You are better off without me," "I am better off without anyone," "I am alone," "I am unlovable/unworthy," "If anyone ever really got to know me they would leave." Whatever your flavor may be, it's all the same. It's an illusion.

Those who can see our light when we cannot, will save our lives. They help us to remember that which our soul already knows. That we are the light, and everything else is us doing an extraordinary job of pretending that we something else.

Love only, Rudy and Kelly Castro Conscious Partnership

Coaching Consciouspartnershipcoaching@gmail.com Rudy is a therapist, and Kelly is a Certified Relationship Coach. They facilitate groups at exceptional treatment centers such as, The Villa Treatment Center, PAX House, and Inneractions. Together they have created partnership, family, and a business designed for service. Whether you are an individual looking to create partnership in your life, or a couple looking to develop deeper levels of intimacy, they are here to help guide you.

Healing the Family

CON'T FROM PAGE 17



Imagine my pain and horror. My anger at those responsible for promoting the stigma that continues to fuel the idea that addicts are not worthy of comprehensive treatment to save their lives.

No one grows up with the goal to become an addict. Addicts come from all walks of life. Doctors, lawyers, teachers, and politicians, all beautiful people falling prey to a disease that kills. Just like cancer or diabetes, addiction must be treated with respect and empathy. We must change the bias that fuels the stigma. Addicts are dying in record numbers. All worthy of being saved. Every life matters.

MaryBeth Cichocki is a registered nurse living in the state of Delaware. She lost her youngest son, Matt, to an overdose of prescription drugs on January 3rd 2015. After his death she was unable to return to her world of taking care of critically ill babies in the N.I.C.U. She now spends her time advocating and writing about the disease of addiction. She started a blog shortly after Matt died titled Mothers Heart Break, mothersheartbreak.com. She also started a GRASP support group for those suffering the loss of a loved one to the disease of addiction. She is working with legislators in her state to make changes in the treatment of addiction.

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