

FREE



All 4 Ur

ADDICTION RECOVERY

Vol. 6. Issue 2. Summer 2017

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Referral Resource Guide
Florida / California / Arizona



Letter from the Publisher

I established All 4 Ur Addiction Recovery Guide in 2013 as a resource magazine for those suffering from the cunning, baffling, and powerful disease of addiction. Our publication provides not only information about the disease, but assistance in locating detox facilities, in and out patient treatment facilities, counseling services, life coaching and more. This directory includes available legal help, sober living facilities, and community services. We supply a list of resources to include free community services, transportation, sober events and activities and more. We offer assistance to family and friends affected by the disease as well.

I have worked in the health care industry for over 10 years, specifically in Chemical Dependency for over five years. My experience includes Peer Counselor, Intake Coordinator, Admissions, and Marketing at several different health departments and treatment centers over the past 10 years. I assisted in developing a new treatment center on the Treasure Coast, establishing the Admissions and Business Development departments. My love for people and serving those in need has resulted in the development of the All 4 Ur Addiction Recovery Guide.

I have experienced the pain of addiction in my own life, and witnessed the devastation in my own family. I am dedicated

to my own personal recovery and to providing public services to those in need.

All 4 Ur Addiction Referral Recovery Guide takes great pride in our relationships. Every addict deals with specific issues, and every addict should be treated with compassion and care. Entering recovery is very taxing on the mind and body, but that should not be a deterrent. It is important that the right decision be made for the sake and well-being of the affected suffering addict. To find quality addiction help in Florida or California, make sure you call professionals. All 4 Ur has great resources at hand to aid you in making a new beginning. We are a means to help you or a loved one find sobriety, and most importantly, happiness. Our mission for this monthly resource guide is to bring awareness and resources available to those suffering from addictions and their families who are affected by this disease.

If you have found this resource guide to be helpful, you may visit us online at www.All4UrAddiction.com

Sincerely,

info@All4UrAddiction.com



Jenny Clark Spades
Publisher

Important Helplines

800-ALCOHOL · 800-COCAINE · 800-LOSTBET · 800-RELAPSE

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AA Intergroup Martin County, FL	772-283-9337	www.martincountyaa.org
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AA Intergroup Orange County, CA	714-556-4555	www.oc-aa-org
NA World Services	818-773-9999	www.na.org
NA Florida Regional	863-683-8224	www.Floridana.org
NA Treasure Coast Area, FL	772-905-4409	www.treasurecoastareana.com
NA New York Area	212-926-6262	www.nycna.org
NA Orange County Area, CA	714-590-2388	www.orangecountyna.org
Al-Anon Alateen Worldwide	800-344-2666	www.al-anon.alateen.org
NA Nar-Anon Treasure Coast, FL	888-425-2666	http://nar-anon.org/Nar-Anon/Florida.html
OA Anonymous	505-891-2664	www.oa.org
Sex and Love Addicts Anonymous	210-828-7900	www.slaafws.org
211 Treasure Coast	211	www.treasurecoast.org
211 For Teenagers	211	www.teen211pbtc.org
Florida Abuse Hotline	800-962-2873	www.dcf.state.fl.us/programs/abuse/
Family Anonymous	847-294-5877	www.familiesanonymous.org



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I'll Get Better When She is Better...

By Karina Priest, LMHC

"I'll get better when she is better". The famous words I hear from a lot of parents whose sons and daughters are active addicts, or in early recovery. I also hear things like "we are in this together". Mom! Dad! This isn't helpful, and your son and daughter won't benefit from hearing this. I know you mean well....

As parents of addicts, it's important to remember that you can only control your own life. You do not have control over other people, no matter who they are. We have control over our kids when they're little, and until they become an adult, to a point. Once this happens, they are in control of their lives, and all we can do is make our own choices and decisions. Even when we don't like theirs, all we can do as parents is pray, and get our own help from professionals, and places like Alanon and Naranon.

The addict owns his or her recovery and it's only their recovery. There is no such a thing as doing recovery with them, unless you are not wanting what's best for them. It's very important to learn to separate with love, and to let these adults who are suffering from a terrible disease, work the program that will help them recover.

I understand that parents want to hear from their kids every day, and know how they're progressing, and mostly hear they're alive. One way to know

how your addict is doing in their recovery, is by being in communication with a professional who can help you as a parent, understand your role in your child's recovery. Another way, is to learn the signs and symptoms of relapse and relapse mode, and therefore be able to recognize when something isn't right. Even then, all you can do is make sure you're are not enabling. You can pray, and you can continue to make progress by attending your meetings, and participating in counseling for yourself. Your addict is the only one who can chose to get better.

As a professional, it seems that too often the parents of addicts are forgetting that addiction is a family disease, and that every family member plays a role. I hear regularly how the parents feel that it's all the addict's fault. Let's make something very clear..... it isn't. I know the addict probably created lots of chaos at home, took money and belongings that weren't theirs, and gave you many sleepless nights. However..... the question always remains, what makes us as parents not get help for ourselves sooner when we see something isn't right?

If you are a parent of an active addict, or a recovering addict, please seek help for yourself. Your addict deserves that..... and in the end, it will help him or her get better..... when you do.....

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SPECIAL EVENTS



*All 4 Ur Addiction Recovery Guide, is not in any way associated with or endorses
Any events in any way. And as such, they do not accept responsibility or liability for any events.*

California

Napa/Solano Women's Spiritual Retreat

Friday 7/14 - Sunday 07/16/2017

At the Golden Pines RV Resort and Campground, 2689 Golden Torch Dr, Arnold CA. For additional information please call Alicia at 707-816-0122 or visit <http://www.napasolanona.org/>

NAR-ANON TWELVE STEP WORKSHOP

Saturday 07/15/2017 10:30 am - 12:00 pm

At the Talega Life Church, 1040 Calle Negocio, San Clemente, CA. For additional information please call Tom at 949-291-2901

Western Roundup Living Sober

Friday 08/04 - Sunday 08/06/2017

At the Marines' Memorial Club & Hotel, 609 Sutter St, San Francisco, CA. For additional information please visit <http://www.livingsober.org>

NAYC and South Coast Activities present: Clean Not Dead

Saturday 08/12/2017 9:00 am - 5:00 pm

At the Doheny State Beach San Juan Capistrano, CA. For additional information please visit <http://naflorida.org/events/>

Improving Our Relationships Workshop Based on the A.A. Grapevine Book "Forming True Partnerships"

Saturday 08/12/2017 9:00 am - 12:00 pm

At the Church 8964 N Magnolia Ave, Santee CA. For additional information please visit <http://www.aasandiego.org/>

CALA 2017 Convention

Thursday 08/24 - Sunday 08/27/2017

At Renaissance Esmeralda Indian Wells, CA. For additional information please call 310-795-7802 or visit <http://ca4la.org/>

11th Step Retreat 5

Friday 08/25 - Sunday 08/27/2017

At the Belden Town Lodge and Campground, 14785 Belden Town Road, Belden Town, CA.

For additional information please call Erin at 530-927-7827

Unity Day-Area 8

Saturday 08/27/2017 9:00 am - 1:00 pm

At the Palisades Presbyterian Church, 6301 Birchwood St, San Diego, CA. For additional information please visit <http://www.area8aa.org/event/unity-day/>

National AA Technology Workshop

Friday 09/08 - Sunday 09/10/2017

At the Hilton Sacramento Arden West Hotel 2200 Harvard St Sacramento CA. For additional information please visit <http://naatw.org/>

SoCal Conference

Friday 09/29 - Sunday 10/01/2017

At the Westin Mission Hills Golf Resort & Spa, 71333 Dinah Shore Drive, Rancho Mirage, CA. For additional information please visit <http://aasocal.com/>

Florida

RSC- Florida Region of Narcotics Anonymous

Friday 07/14 - Sunday 07/16/2017

At the Rosen Shingle Creek Hotel 9939 International Drive, Orlando FL. For additional information please visit <http://naflorida.org/events/> or call 407-996-9939

61st Annual Florida State Convention

Thursday 07/27 - Sunday 07/30/2017

At the Hyatt Regency Jacksonville Riverfront, 225 East Coastline Drive, Jacksonville, FL. For additional information please visit <https://floridastateconvention.com/>

Tampa Funcoast Speaker Jam & Fish Fry

Saturday 08/19/2017 10:00 am - 7:00 pm

At Seminole Heights United Methodist Church 6111 N. Central Ave., Tampa, FL. For additional information please visit <http://naflorida.org/events/>

SFRCNA- South Florida Regional Convention of Narcotics Anonymous

Friday 09/01 - Monday 09/04/2017

At the Charlotte County Event & Conference Center, 85 Taylor Avenue, Punta Gorda, FL. For additional information call 520-30-6791 or visit <http://sfrcna.com>

Recovery Unleashed

Friday 09/15 - Sunday 09/17/2017

At the Bonaventure Resort & Spa, 250 Racquet Club Rd. Weston, FL. For additional information please visit <https://recovery-unleashed.event-brite.com>

2nd Annual Run for Recovery

Saturday 09/16/2017 6:30 am - 12:00 pm

At John Prince Memorial Park, Lake Worth, FL. For additional information please visit <https://aidinrecovery.com/run-for-recovery-5k-sign-up-now/>

Arizona

Seaznac III - Lost Dreams Awaken

Friday 07/28 - Sunday 07/30/2017

At the DoubleTree by Hilton Hotel Tucson - Reid Park, 445 S Alvernon Way, Tucson, AZ. For additional information please visit http://www.arizona-na.org/events/flyers/20170728_seaznac.pdf

ARIZONA AREA 03 2017

Friday 08/18 - Sunday 08/20/2017

At the Arizona Golf Resort & Convention Center, Mesa AZ 425 S Power Rd, Mesa, AZ. For additional information please call 480-832-3202 or visit www.area03.org

16th Annual Sharp Creek Camp Out

Friday 09/01 - Sunday 09/03/2017

At the Sharp Creek Camp Grounds, Payson, AZ. For additional information please visit http://www.arizona-na.org/events/flyers/20170901_sharp.pdf

2017 DEMA Preparedness Symposium

Wednesday 09/13/2017 8:00 am - 4:00 pm

At Embassy Suites by Hilton, Scottsdale Resort, 5001 N. Scottsdale Road, Scottsdale, 85250, AZ. For additional information please visit <https://www.evensi.us/2017-dema-preparedness-symposium-embassy-suites-by-hilton/214111911>

Art of Recovery Expo

Saturday 09/16/2017

At the Phoenix Convention Center, 100 N 3rd St, Phoenix, AZ. For additional information please visit <https://10times.com/areo/reviews>

PMS 19th Annual Women's Oriented Retreat

Friday 09/22 - 09/24/2017

At the Whispering Pines Camp 8775 South Mount Tritle, Prescott, AZ. For additional information please visit http://www.arizona-na.org/events/flyers/20170922_pms.pdf

Celebrate Recovery

Thursday 09/28/2016 5:45 pm -9:00 pm

At 456 E. Ray Rd. Gilbert, AZ. For additional information please visit <https://www.sunvalleycc.com/event/celebrate-recovery/2017-09-28/>

Arizona Area 03 Convention

Friday 09/29 - Sunday 10/01/2017

At the Prescott Resort and conference center, 1500 E State Route 698, Prescott, AZ. For additional information please visit <http://www.area03.org/Default.aspx?tabid=147>

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Step 4: A Significant Turning Point

By Debra Alessandra

Most AA members recognize the reason and understand the need for Step 4. Still the mere mention sends many newcomers into stress mode. Often there's a collective groan which accompanies the idea of taking inventory. Usually our minds rush on to Step 5. The thought of sharing what we may be brave enough to reveal, may hinder our effort and dampen our motivation.

But if we intend to recover we must tackle this vitally important step. And, yes, we must share our findings with someone we trust. A solitary self appraisal seldom holds any merit. We can't work our problems out by ourselves. We need someone else's input. We need someone else's care and compassion. The importance of having a sponsor is critical to a successful outcome.

The Big Book explains, "Our decision to pursue a sober life will have 'no permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us.'" (Alcoholics Anonymous, p. 64) This is the main purpose of our personal inventory. It is the step where we agree to uncover basic flaws in our makeup which contributed to our difficulties in life.

There are several methods used to take this step. The Big Book outlines a format as does the 12 and a 12. Many sponsors suggest alternative approaches. No matter which method you implement, it is important to look at the various manifestations of self. In AA we recognize how selfishness, self centeredness has been the root of our problems. A sponsor in whom we trust, can help us see ourselves more clearly.

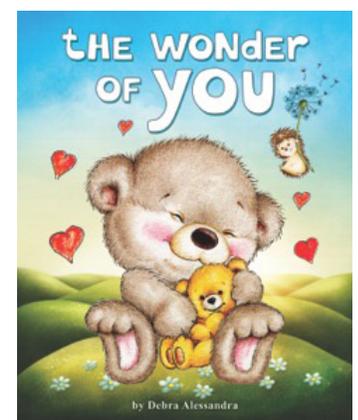
For this fact-finding mission changes everything. It is our chance we have to solidify our relationship with a Higher Power. Our opportunity to draw close to that Power. Once we remove enough resentment, fear, and self centeredness to open to some flow of grace, we can enjoy begin to enjoy the fruits of recovery.

The more thorough we can be, the better. Yet as thorough as we are at any given time changes as we continue in recovery. We understand more. We explore a little deeper. We gain more insight as time goes on. Simply put; we do the best we can until more is revealed. This relieves some of our anxiety.

Be of good cheer. This is the beginning of the end to the isolation and an uncalled for case of terminal uniqueness many of us bring with us into the program. Through the 12 step process we realize that fixing our internal self is more important than fixing the external. And we can be of no use to others when we are carrying the heavy burden of an unresolved past.

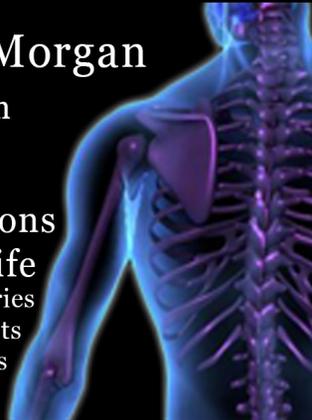
A willingness to know and better our selves, along with a measure of courage, and the highest honesty we can muster, all contribute to the freedom and happiness that are a result of all the steps.

Debra Alessandra is the author of several significant children's books 12 Steps 12 Stories, Spiritual messages of recovery for children and the child in you; The Magic of Roots and Stars- A Tale of Strength and Hope; My Journal- A Quiet Practice. Her newest publication is The Wonder of You. Her mission is to help families navigate the path of recovery together.



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These ACA members have the trademark presence of abuse, shame, and abandonment found in alcoholic homes. To find a meeting near by you go to <http://www.adultchildren.org/>.



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Addiction Resources

Many people are able to recover from problematic addictive behavior on their own. However, if you are unable to make sufficient progress on your own, seeking outside help is the next step. Regardless of which expert(s) you see, keep in mind that the foundation for change is in your own control and will largely be dependent on your own motivation to change. No one is going to “fix” you without your deep engagement in the process.

Most individuals seek addiction treatment because of problems that exist alongside addiction (like trauma, anxiety, depression, or bipolar disorder). Understand that these problems may take more time to treat than the addiction itself. Therefore, you will want to seek the help of highly qualified, licensed professionals, not simply drug counselors. The time you spend investigating treatment options will be one of the best investments you can make in yourself or in a loved one.

Addiction Recovery Resources & Addiction Treatment Options

If you are unable to recover on your own, entering inpatient rehab, outpatient rehab, an intensive outpatient program or individual therapy is something to consider. It will likely involve a commitment of significant time and money. It is important to understand the differences in the levels of care that are provided and to be prepared to ask some serious questions before you decide to admit.

Below are the different types of treatment settings. This will help you determine the level of care you or your loved one requires. A complete list of addiction treatment services in the US is provided by the federal government. Click on this link for services in your area: Substance Abuse and Mental Health Services Administration

1. Inpatient Rehab. The highest level of care would be found in an inpatient rehab or residential rehab setting. Inpatient treatment programs often require the patient to live at the facility full time for a fixed period of time after the detox/withdrawal phase is complete.

2. Intensive Outpatient Programs. Slightly less intensive treatment would include some form of an Intensive Outpatient Program. There are many variations of intensive outpatient treatment. Typically, an IOP is anywhere from 9-60 hours per week and may include day treatment, partial hospitalization or other options. Services may be highly structured and group based or more flexibly structured and individually based. For some, outpatient rehab can function as an alternative to residential treatment.

3. Outpatient Rehab. The least intensive level of care includes outpatient rehab services. This involves one or two individual sessions per week and might include couples or family sessions. This is the level of care suitable for most people. It is also the most flexible and least expensive.

4. Individual Therapy. You can find a list of therapists on the websites of several of the addiction recovery self-help and support groups listed below. Additionally, www.psychologytoday.com has the most extensive list of therapists in the US. You can



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search for therapists in your area who provide addiction treatment. A therapist may answer a few questions over the phone, but to get a sense of that provider, you need to have an actual session. Ideally you should schedule a first session with several therapists, then continue with the professional you think is best for you.

Recommending any addiction treatment facility in an unregulated industry that uses unscientific treatments, administered by poorly educated professionals, is a “roll of the dice” at best.

Be persistent in your questioning and do not accept vague answers!

Most facilities say their treatment is “individualized” and “evidence-based”. The following questions can help identify what is different about facilities, save you money and protect you from questionable treatment practices (some questions are suitable only for inpatient treatment).

1. What are the credentials of the providers I will be meeting with? How long are the sessions? How many sessions of each type (group, individual, family) per week?
2. If I don't like the providers I am assigned to, what happens?
3. Is your length of stay fixed or flexible? Can I attend for a week or two only? How much notice of discharge is needed?
4. What is your refund policy? If I leave, will I get a refund of unused funds on deposit? Is that policy in writing?
5. What is the overall orientation of your approach? (12-step, or something else?)
6. Do clients attend outside meetings? Which ones? How often? What happens if I don't want to attend?
7. What psychiatric, medical and detox services are available?
8. How much access to my cell phone and laptop do I have?
9. How do you handle discharge planning and aftercare?
10. How is my family involved in my treatment?

Failure is Not in the Fall; it's When You Stop Getting Back Up.

By Lauren S.

My addiction started when I was around 12 years old. I felt so different than my peers. Whether that was true or not, that was my reality. Everyone else seemed so sure of themselves and put together. I couldn't figure out what was wrong with me. I realized that if I experiment with drugs and alcohol, my classmates and friends would be more focused on the substances than teasing me and picking apart my insecurities.

It started with stealing out of my parent's liquor cabinet. I hated the taste of alcohol, but I loved the results I got from drinking. That same year, my mom was diagnosed with breast cancer, and I found my true love in her medicine cabinet, opiates. Without even realizing it, escaping through substance abuse became my answer to every problem or unwanted feeling.

My mantra growing up was "I love how it feels not to feel." If you stood between me and the next fix, I would plow through you.

Active addiction is a hell that I wouldn't wish on my worst enemy. In a short amount of time, I went from partying like any other "normal teenager" to needing these substances to function. My friends had boundaries and would stop the party for school or when they got in trouble with their parents. I couldn't understand why or how they did that. Alcohol and drugs came before everything else for me. All dreams and goals I had growing up were no longer relevant.

My disease caused incomprehensible pain to my family and friends. I was raised in a beautiful middle-class family. I went to private Catholic school for 13 years. My household growing up was an open-door policy. My parents would do anything for us and give us the shirt off their back in a second. We went from an open-door household to locks on all the bedrooms, and it was horrifying. My father could no longer leave his wallet on the counter after a long day's work. My mother had to lock up whatever jewelry and family heirlooms that she had left after I had pawned 99% of the rest of them. My sister and brother always came second to my sickness, not because my parents liked me best, but because I was always in a self-inflicted, life or death situation.

My parents were there for me through every treatment center, overdose, arrest, and relapse. I have one vivid picture that sticks out in my mind. Through a small window, I watched my father sobbing on the other side of a steel door. I was locked into a state-run baker act unit and forced to sleep on a rubber pad in the hallway. My poor father couldn't bear to sit with me through the intake. The thought of his little girl turning into this monster was eventually too much handle.

I am the type of addict that had to be cornered without any options. My "rock bottom" seemed to have basements and trap doors that went on forever.

It wasn't until my family refused to support me that I had no choice but to take responsibility for the mess that I made. I wasn't allowed to return to my childhood home, and my parents were done helping financially. I was homeless and broke for the first time in my life. If I was going to make it, I had to do it on my own. I went to rehab for six months while I completed the medical treatment for my liver. That was truly a godsend. With the physical pain and psychological anguish, I doubt I would have stayed sober on the outside. I got a sponsor and a scholarship to a local halfway house and started my journey.

Through living the steps and spiritual principles, the doors of opportunity began to open all around me. Recovery makes me feel like the empty space in my heart is finally filled.

When I make plans, God laughs. There is no denying that my higher power was looking out for me and had big plans for my life. I have ideas of what I want my future to look like, but I know that it's not up to me.

I have the motivation and drive that I have never experienced before. For the first time in my life, I believe I have a purpose, and I am so much more than just a hopeless junkie sentenced to a life of misery.

My first job in recovery, I worked at a pizza place for minimum wage for almost two years, and my employer was sad when I put in my two weeks. I walked everywhere for that year in recovery and today I have a car of my very own, and I'm able to make the payments on it monthly. I went back to school and got my Associates Degree. I am now in my third year for my Bachelor's in Health Care Management.

I can't explain the gratitude I feel on a daily basis. I am managing the facility that saved my life. If that is not the promises of recovery coming true, I don't know what is.

Today I have faith and confidence that if I do the right thing, my higher power will provide. I know that if I am capable of arresting my addiction for five and a half years, there are no limits on what I can accomplish!

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Call Bob 561-367-0728

7 Practical Tips On Overcoming Addiction

BY: Ron Sandison

I have been employed in the mental health field for over nine years at Havenwyck Hospital and over fifteen, counseling people with substance abuse. During this time I have noticed a pattern between people who recover and those who continue to relapse—positive attitude with accountability. While the ones who relapse after rehab and therapy often remain self-centered and agitated.

People who are self-center fail at sobriety because they don't take control of their lives but blame others for their addiction. Those who are agitated fail because they still crave the addiction—when the opportunity presents itself—they give into the temptation.

How can you position yourself for recovery by overcoming self-centeredness and agitation?

You can overcome self-centeredness by internal locus of control—the belief that you have the power to overcome. By following the seven practical tips I will share with you. Self-centeredness fades when you are honest with family and friends concerning your struggles—not afraid to seek help—taking back control of your life.

Freedom from agitation requires your body to adjust to being off the substance or thing your body desires. Your mindset and attitude can impact your agitation level. For example, if you keep focusing on the thing your body craves—you will become easy agitated by everything else. On the other hand, if you discover coping methods to free your body from the urge—you will feel less agitated. I call this finding new joys in life or rediscovery things you enjoyed before your addiction took you prisoner.

1. **Stay positive.** Don't become discouraged in your quest for recovery. Your addiction was a process; now it controls your life. The pleasure spectrum theory explains the vicious cycle of addiction. You get high to feel pleasure—taking your mind off life—but every time you get high it takes more potency to get the same fix—so you continue to use more and more—until you are addicted. Once addicted you cease to get high only for pleasure and to free your mind, but to avoid the pain of withdrawal. Notice addiction took time so does recovery. Only difference between a successful person and a failure is a successful person rises one more time than he or she falls. As Charles Spurgeon says, “By perseverance the snail made it on the ark.”

2. **Change your appetite.** You will hunger for what you feed on. Certain sights, tastes, sounds, places, people, remind you of your addiction—keep away from these—it will only feed your addiction. John Wesley, the founder of the Methodist movement, said, “What you feed in your life will grow.” Feed on things that lead to sobriety—friends who encourage you, places that symbolize hope, activities that remind you of your B.C. days (before addiction).

3. **Discovery or rediscovery fun activities.** Addiction can make life appear black & white—lonely—scary—find fun activities to bring color back into your world. One of the reason for recreation therapy is many substance abusers have forgotten how to have fun apart from using. Fun activities can include: bike riding, going to the beach, walks in the park/woods, watching funny movies, or drawing.

4. **Serves others & learn to put your problems in perspective.** The saying, “Before you can help others, you have to help yourself,” is a half-truth. As you serve others you begin to realize that your problems were not as bad as you thought—seeing every person has his or her own cross to bear. Serving others produce a chemical reaction in your body that makes you feel a natural high and better about yourself.

5. **Don't be afraid or ashamed to seek professional help.** Be aware—certain withdrawals can kill you—alcohol, benzos, and opiates. Dr. Adi Jaffe, the director of Alternative Behavioral Health at UCLA, warns, “Withdrawal from these drugs is like trying to turn the heat up in a cold house with a broken thermostat and an out of control heater—it won't always lead to disaster, but it's a bad idea.” If while withdrawing from these drugs, you develop a fever, extreme nausea, diarrhea, or DT (delirium tremens), you need to seek immediate medical attention.

6. **Seek friends and family members to hold you accountable.** Your accountability partner shouldn't be someone who is also in the process of recovery—the blind leading the blind. Instead it should be someone who is not afraid to confront you and put your feet to the fire. Dietrich Bonhoeffer wrote, “As long as I am by myself in the confession of my sins everything remains in the dark but in the presence of a brother or sister the sin has to be brought into the light.” Your accountability partner should encourage you to examine the effect of your behavior on others, your environment, and your personal life as well as the benefits of change.

7. **Keep faith for recovery.** Never stop dreaming of life without addiction. Place your faith in a higher power to get you through the storms ahead. Addiction keeps you from fulling your purpose in life—so break free. A man placed his wet clothes in the dryer—forty minutes later, checking his clothes, they were still wet. He examined the main pipe that brings hot-air only to discover a robin's nest. This nest prevented the dryer from fulling its purpose of drying clothes. After removing the nest—the dryer could again accomplish its purpose. What's holding you back?

Author biography on next page

About the Author

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Ron Sandison works full time in the medical field and is a professor of theology at Destiny School of Ministry. He is an advisory board member of Autism Society Faith Initiative of Autism Society of American and The Art of Autism. Sandison has a Master of Divinity from Oral Roberts University and is the author of A Parent's Guide to Autism: Practical Advice. Biblical Wisdom published by Charisma House. He has memorized over 10,000 Scriptures including 22 complete books of the New Testament and over 5,000 quotes.



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Ron has published articles in Autism Speaks, Autism Society of America, Autism File Magazine, the Art of Autism, Autism Parenting Magazine, Not Alone, the Mighty, the Detroit News, the Oakland Press, and many more. He frequently guest speaks at colleges, conferences, autism centers, and churches. Ron and his wife, Kristen, reside in Rochester Hills, MI, with a baby daughter, Makayla Marie born on March 20, 2016.



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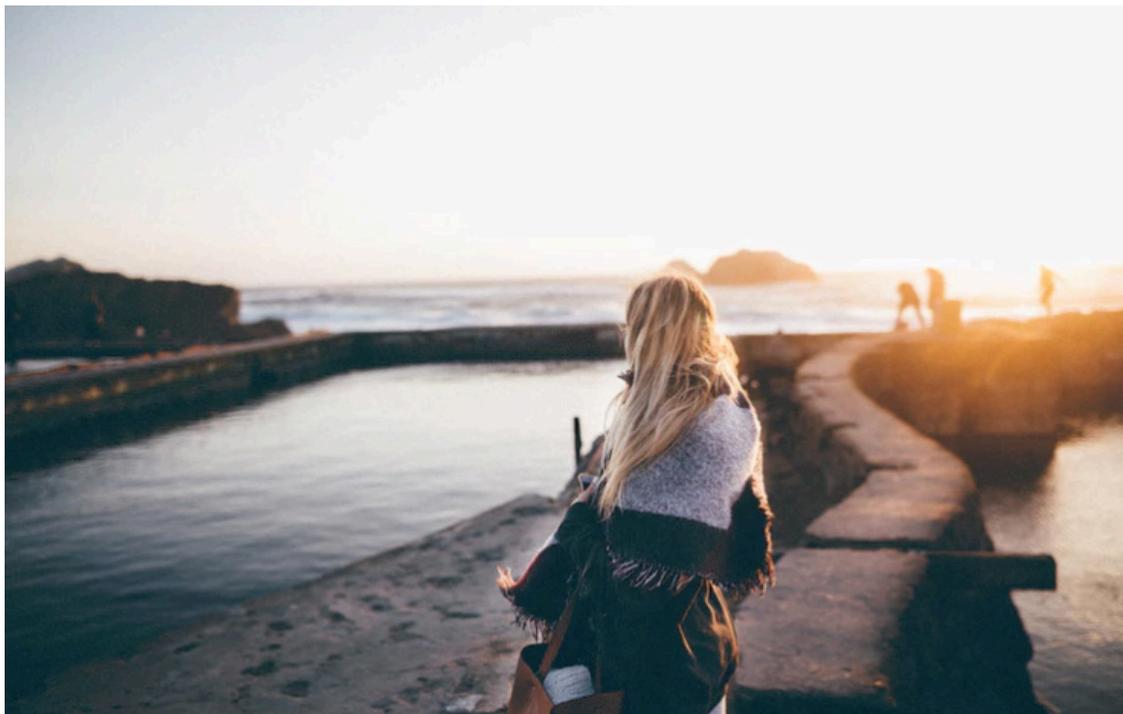
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Battling the Opioid Epidemic - The All-Natural Way

NAD+ Therapy



Adam Goodson, a San Diego native, drives from Los Angeles to the NAD Treatment Center, nestled in the heart of Hillcrest, to help patients recover from addiction. Adam specializes in Neuro-linguistic Programming (NLP), which unlocks the subconscious patterns and beliefs trapping those in the addiction cycle.

During Adam's last visit to the NAD Treatment Center, he gave Ashley, a patient at the time, four sessions of NLP. Motivated to start a new chapter in sobriety, Ashley traveled all the way from Alaska, not just to help herself, but to be a better mother for her children waiting back home. After trying several different rehabilitation and detoxification programs, she claims that she has never felt this good from the NAD+ treatment and has had no reason to use again.

"I think the combination of that [NLP] and the NAD+ takes it to another level," said Ashley on her ninth day of NAD+ therapy, "[NLP] is working with your subconscious and that's where we keep a lot of our suppressed thoughts."

For many who are caught in the whirlpool of substance abuse, releasing the shame and guilt of using, let alone face the symptoms of withdrawal, is like trying to sail in a hurricane. Lighting bolts of physical pain and waves of emotional turmoil come from all directions and there is no light to fight your way out.

Even after the waters have calmed and the wind has died, it's difficult to navigate how to move forward. For the younger opioid users, the storm is all they know. The uncertainty of a fresh start and adopting a new life-

style is a daunting fear. A weight so heavy on your chest it crushes your insides and physically prevents you from taking a step forward.

The best first step to recovery starts with the innovative approach towards addiction by combining the most effective tool for detoxification and mental health.

Medical Director of the NAD Treatment Center, Phillip Milgram, MD, asserts that NLP, when combined with all-natural NAD+ therapy, is an effective tool to help break the thought patterns surrounding addiction and to help instill healthier habits.

"The NAD+ therapy addresses the physical symptoms of addiction by detoxing the patient naturally with minimal side effects and reduced cravings, whereas NLP reassigns meaning and feelings towards opioids, creating a fresh start for the younger generation to rebuild their life free from chemical dependence," explained Dr. Milgram.

Adam is a trusted and welcome friend at the NAD Treatment Center. Tom Ingoglia, Business Director of the NAD Treatment Center, and Adam started their NLP journey together by training under the same mentors. They understand that NLP is not the only therapy available to help those confined by their subconscious programming, but they truly believe it is the best option out there.

"Everyone has subconscious behavioral patterns that we often are unaware of," said Adam, "NLP can either erase the pattern or install a new one for the benefit of the individual is considered to be the best tool for addiction."

Providing tools to fight the national opioid epidemic is mission Adam and the NAD Treatment Center has taken upon themselves. Witnessing individuals walk up from a state of survival to a state of thriving is the fuel that these innovators live off of.

To better serve the San Diego community, the NAD Treatment Center is offering \$1000 off when you sign up for the NAD Treatment Center Detox Method™ as a special offer lasting through the end of summer. Please visit www.nadtreatmentcenter.com for more information, or call 1-844-NAD-PLUS.

A Mother's Greatest Cry

By: Nikki C.

When I was in active addiction, I didn't think about this much. Too selfish and self-centered to even contemplate something like this. But, have you ever heard a mother's cry? And not the silent cries she keeps between herself and God as she lays her head on her pillow at night praying for your safety. No. I mean that shrieking, howling, completely broken and devastated cry a mother lets out when she's told that her baby girl/baby boy is no longer here anymore. That sound when all mother's hopes and dreams for you, are lost. There's no sound like it in the world! When a mother lets out that earth shattering sound, I promise you that everyone who hears it can't help but feel just a glimpse of her pain. Everyone who hears it, their hearts immediately bow down to the sound of her heart breaking. Every time I think about using, I picture my mother letting out that gut-wrenching sound. A sound so unique from other Earthly sounds that even the heavens can't ignore it. But how can something so terrible and sorrow-filled, be full of so much love at the same time? Let me explain.

During a mother's greatest cry, she's picturing your life together from beginning to end. From the day you were born and she held you for the first time. When she heard you cry for the first time. Only instead of the room being full of sorrow, it was lit up with love, hope, and joy. It was in that moment where no greater love in the world existed, than the love in that room on that day. The day you were born, you had become her greatest achievement in life. And even the mother who didn't believe in God yet, found themselves looking up and thanking someone for you that day. It was in that room that your mother realized that all her life's trials and tribulations lead her to you. She realized that she had walked through fire for you before she even knew there was a you. In that room, you became her sun and her stars. The ultimate love of her life. Her mission in life was complete, in that room, on that day.

During that great cry, she remembers your first smile, your first laugh, your first words, your first steps. She remembers staring into your eyes as she fed you and rocked you to sleep. She remembers every birthday cake, every surprised look on your face on Christmas morning, and every ridiculous Easter outfit she dressed you in. She remembers the first time she let go of your hand and watched you get on that school bus for the first time. And even though she was proud, she could feel her insides twist and turn as she watched it drive away with her baby inside. You may not know this, but she cried. She just held it together until you were out of sight so you couldn't see. She remembers every lesson she had to teach you, and every time she held you and wiped your tears when you ignored that lesson. Because that's what kids do. She remembers fixing every bump, scratch, fever and runny nose. She remembers your first date. She remembers hoping that he/she doesn't break your heart. And when they did, she held you and wiped your tears once more. She remembers every laugh and funny moment the two of you ever shared together. She remembers the fights and arguments, too. Lastly, she remembers the last time she hugged you. Not even knowing that it would be the last time. Or maybe she did, and just prayed that it wouldn't be. "Is this it, God? My baby deserved a full life, not this! Please, take me instead!" her heart screams. Now she's picturing things that will never be. She's picturing the wedding you'll never have and the grandchildren she'll never see. All of this and more is what runs through a mother's head when she lets out "that cry."

So, if your living a risky lifestyle; whether it be drugs or running these streets. If you are reading this right now, before you put that needle in your arm, or that bottle to your lips, or that gun on your waist, or that rope to your neck or that razor to your skin. I want you to close your eyes and picture that sound in your mind and all the love and loss that it entails. This gives you goose bumps, doesn't it? Yeah, me too. My only hope is that this message reaches someone who needed to hear it and could possibly save at least one life today. And, hopefully save one mother from having to let out that "mother's cry." May God strengthen you always.

Exodus 11:4-6

"[...] And there shall be a great cry in all the land of Egypt, such as there has not been before and such as shall never be again."



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