

FREE



All 4 Ur

ADDICTION RECOVERY

Vol. 5. Issue 3 Fall 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

AA WORLD SERVICES	212-870-3400	www.AA.org
AA Intergroup St. Lucie County, FL	772-873-9299	www.aastlucieintergroup.com
AA Intergroup Martin County, FL	772-283-9337	www.martincountyaa.org
AA Intergroup Staten Island, NY	212-647-1680	www.statenislandaa.org
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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"Where Did All These Issues Come From?" The Parent Of An Addict Asks

By Karina Priest, LMHC

As a psychotherapist in private practice working with the recovering community, I hear this question daily from the parents. All was ok..... and suddenly my son or daughter became an addict. Well..... it's not ever exactly like that. An addict was not ok, and got up one day and started to use substances. There are many issues that contribute to substance use, some of the most common are childhood traumas, which lead to mental health issues, which lead to seeking a way to feel better. People trying to be in recovery and working a program have to deal with more than just the addiction. They often have histories of trauma issues that their parents are not aware of. Not because they're bad parents, but because these issues were kept a secret. Children don't talk about trauma issues when the issues are taking place, and when they grow up, they may never talk about them at all. That's the norm. A child loses his or her voice when being abused, and is unable to share what's happening. However, he or she is still growing up with this major issue that tends to go

unnoticed by those around them. This leads to low self esteem, depression, anxiety, and other mental health conditions. Parents tell me that they were able to see some symptoms, and took the kids to get psychiatric help. At times these kids were medicated for depression, anxiety, ADHD, but that may have been all they received, medication management. Still, the issues of discomfort are there for the child. This child grows into an adolescent and teenager who doesn't feel good inside. The puberty years wreak havoc, and this child who may have once been well behaved, pleasant, and happy..... is now starting to use substances.... basically medicating themselves due to how bad they now feel. So..... parents..... no..... the issues were there from early childhood usually..... and it's not your fault that you didn't know.... parents do the best they can..... however..... if your adult son and daughter is an addict today, please seek professional help, so you can better understand what's going on and how to be of help.



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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.*

Florida

Moments of Change

Monday 10/02/2017

At the Breakers in Palm Beach, FL. For additional information please visit <http://foundationsevents.com/moments-of-change/>

Rocking Recovery

Saturday 10/07/2017 8:00 pm

At the Place, 2265 Dixie Highway, Jensen Beach, FL 34957. For additional information please visit <http://www.rockersinrecovery.com/events/the-place-rockin-recovery/>

Ala Bingo & Lasagna

Sunday 10/08/2017

Saint Patrick's Church, 3885 Meridian Avenue, Miami, FL. For additional information please call 786.451.0774

International Nurses Society on Addictions (IntNSA)

Wednesday 10/18/2017 – 10/21/2017

At the Renaissance Orlando at Sea World Hotel, 6677 Sea Harbor Drive, Orlando, FL. For additional information please visit <http://www.intnsa.org/conference>

Multiple Pathways of Recovery Conference

Monday 10/23/2017 – Thursday 10/26/2017

At the Charlotte Harbor Event Conference center, 75 Taylor Street, Punta Gorda, FL. For additional information please visit www.ccarconference.org

Treasure Coast Area Convention 9

Friday 10/27/2017 – Sunday 10/29/2017

At the Marriot Resort Hutchinson Island, 555 NE Ocean Boulevard, Stuart, FL. For additional information please call 772-672-9768 or visit www.treasurecoastarena.com

9th Annual Serenity by The Sea

Friday 10/29/2017 – Sunday 10/29/2017

At the serenity club, 12435 Collier Blvd, Ste107, Naples, FL. For additional information please visit <http://serenityclubswfl.org/2016/12/25/9th-annual-serenity-by-the-sea/>

Serenity in the forest

Friday 11/03/2017 – Sunday 11/05/2017

At the retreat at silver springs, 6455 E Silver Springs Blvd., Silver Springs, FL. For additional information please visit <http://forestareana.org/wp-content/uploads/2016/11/FASRC-Application-REV.pdf>

4Th Annual Gratitude Dayze

Friday 11/10/2017 – Saturday 11/11/2017

Presented by the Gulfstream Group at the Hutchinson Island Marriott, 555 NE Ocean Blvd, Stuart, FL. For additional information please call 772-634-7443 or visit <https://gulfstreamgroupstu.wixsite.com/recovered/events>

Arizona

37th Arizona State convention

Friday 09/29/2017 – Sunday 10/01/2017

At the Prescott Resort & Conference Center, 1500 E. State Route 69 Prescott, AZ. For additional information visit <http://www.area03.org/Home/2017-AZ-State-Convention>

30th Annual Miracle on the River

Friday 11/03/2017 – Sunday 11/05/2017

At the London Bridge Resort, 1477 Queens Bay, Lake Havasu City, AZ. For additional information please call 928-505-8465 or visit www.havasuaa.com

Glow Party - Phoenix Area

Saturday 10/21/2017 5:00 pm – Sunday 10/22/2017

At 1407 N. 2nd Street, Phoenix, AZ. For additional information please call 623-670-1017 or visit http://www.arizona-na.org/events/flyers/20171021_glow.pdf

23rd Annual Blues Fest

Sunday 10/22/2017 9:00 am – 5:00 pm

At the Kiwanis Park, Sister Cities Pavilion, AZ. For more information

please call 602-718-2607 or visit http://www.arizona-na.org/events/flyers/20171022_bluesfest.pdf

Nalloween Dance - East Valley

Saturday 10/28/2017 6:00 pm – Sunday 10/29/2017 12:00 pm
At the 1701 S College Ave, Tempe, AZ. For additional; information please visit http://www.arizona-na.org/events/flyers/20171028_nalloween.pdf

EV Skyline Serenity Hike

Saturday 11/25/2017 9:00 am – 12:00 pm

At the Hilton Hotel Paradise Valley. For additional information please call 480 236 4859 or visit http://www.arizona-na.org/events/flyers/20170527_hike.pdf

2017 AZ Area Convention

Friday 11/24/2017 12:00 pm – Sunday 11/26/2017

At the Prescott Resort & Conference Center, 1500 AZ-69, Prescott, AZ. For additional information visit http://dev.caarizona.org/pdf/events/Outreachflyer_rev-

2017 Arizona Health Equity Conference 4th Annual- Building Bridges: Connecting Communities in Research, Practice, & Policy

Thursday 10/12/2017 8:00 am – 5:00 pm

At 5750 W Glenn Drive, Glendale, AZ. For additional information please visit <https://www.eventbrite.com/e/2017-arizona-health-equity-conference-4th-annual-building-bridges-connecting-communities-in-registration-35974228887?aff=es2>

HIPAA Privacy and Security - Time to get Serious 2017

Thursday 11/2/2017 9:00 am – Friday 11/3/2017 6:00 pm
At the Courtyard by Marriott Tempe Downtown, 601 South Ash Avenue, Tempe, AZ. For additional information please visit <https://www.eventbrite.com/e/hipaa-privacy-and-security-time-to-get-serious-2017-tickets-37750096555?aff=es2>

California

43rd Woman To Woman San Diego 2017 Conference

Friday 09/29/2017 – Sunday 10/01/2017

At the Dana on Mission bay, 1710 W Mission Bay Dr, San Diego, CA. For additional information please visit http://www.womantowomansandiego.com/downloads/registration_form_2017.pdf

66th Southern California Convention

Friday 09/29/2017 – 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/>

Speaker Jam 11

Saturday 10/01/2017

At the Trinity United Methodist Church, 724 Niles Street, Bakersfield, CA. For additional information please call 661-900-5611 or visit www.kcna.org

Western Service Learning Days 31

Friday 10/27/2017 – Sunday 10/29/2017

At the Embassy Suites Monterey Bay Seaside, 11441 Canyon Del Rey Boulevard, Seaside, CA. For additional information please call 813-246-2622 or visit www.wslsd31.com

Halloween Speaker Meeting and Dance

Saturday 10/28/2017

At the Senior Center, 704 Bennett Valley Road, Santa Rosa, CA. For additional information please call 707-324-4062x801 or visit <http://sonomacountyca.org/events>

*To get your event listed free, email us at
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Story Survivor:

By Veronica Muniak

From a young age all I ever wanted was to be loved. I struggled with fitting in and with learning the true meaning of love. I would come up with my own ideas of what the word meant; I would search for it in others more than in myself. Seeing as I was so lost and confused I discovered ways to "cope". I would indulge in eating disorders, cutting, burning and would not tell a soul about it. Then the drugs and alcohol came. Then the men and women.. i would do anything for anyone to love me.

Eventually I found myself in recovery, I would connect with people on a deeper level and I got into a relationship. At three months clean I became pregnant. This was it.. I would finally love something so much and it would love me unconditionally.

During my pregnancy I discovered i needed more help than just being clean and sober. I needed to take care of my body and health around my eating disorder. While starting to discover more about myself I started realizing that I still had a lot of work to do on myself. I was scared and I knew deep down that I was not ready to be a mother as my thinking was still centered around "coping". I knew I could not abort my baby and that I wanted to give him the best life he deserves.

I went through the process of adoption and this was the hardest thing I had ever done in my life. I would talk to people and hear experiences, I would listen to children who have been adopted. I knew my adoption experiences would be open. I suffered.. I hurt a lot during the nine months, but I met a family. An amazing family that I could only wish for for myself. My beautiful baby boy now has a beautiful family.

Today I watch him be raised by this couple, I watch him grow into a human while I grow up as well. This was the hardest and best decision of my life. The days I wanted to give up I remembered I have purpose. Today not only do I survive but I persevere and get to see this baby boy grow up.

I have been clean since September 10, 2013, I gave birth on September 16, 2014 and we are both healthy and happy.

Today I know what love means, love is unconditional and not putting self first. Love is learning, growing and being a better person. Love is internal and never ending. I will forever be the tummy mummy and he will be my inspiration and love.

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Cell 561-929-0650

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The Art of Recovery

By George Bair

“There is no person walking the face of the earth who demonstrates more courage, dignity and integrity, on a daily basis than an addict in recovery.”

What is recovery? The factual evidence of reclaiming life after the death of addiction!

The art of recovery is the challenge to focus mind, body and spirit in healthy quality of life activities. Art can be defined as something that is created with courage and skills that are beautiful and express important ideas. Recovery then can be defined as involving the whole person who uses courage and critical thinking to avoid potential threats and risks to daily recovery from chemical dependency and other life stealing behaviors. Thus, become an artist, develop an enduring image of overcoming all obstacles both small and large, never surrendering the commitment to a better life.

The process or art of recovery from mood altering chemicals and other self-defeating behaviors begins in the first decisional minute of abstinence, and continues as long as healthy sober choices remain the primary focus. There is a wondrous strength in this minute to minute, hour by hour, day by day freedom, true, not always perfect, but much more than what went before! Perhaps finding a delicate balance between strength and weakness is one way to view this circumstance.

So, within each strength there is a weakness, within each weakness is a strength. For example, if my strength is recovery, within this may be a weakness, the fear of relapse. Within this weakness, the fear of relapse, lays the brutal truth or strength of knowledge of what will happen when an unhealthy choice is made.

The question which seems obvious at this moment is what can be done to strengthen the foundation gained in the 12 steps of recovery, the minute by minute commitment to life giving freedom from addiction? Become a warrior in the Army of Recovery!

In 400 b.c the Chinese war philosopher Sun Tzu wrote “The Art of War,” a philosophy which examined the strengths and weaknesses of the opposing force, and how to take advantage of these elements. Sun Tzu wrote “If you know the enemy and yourself. You will prevail in battle.” If you know the enemy but not yourself, you will lose the battle! So ask an addict who is the enemy? Who are you? What is the battle? These responses may be varied, revealing and interesting. Typically, the enemy – the drug

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of choice (is it only the drug?). Who am I – a recovering addict (how much is known about self?). The battle – to stay sober (how much is known about this battle?). Again, these responses may be quite individual depending on a variety of past and present factors.

What if the Art of War could become an additional resource for recovery? Supposing the enemy is not being honest? Supposing that knowing self is a fear of openness? Supposing that the battle is a lack of willingness? Consider this question, is it possible that adding Sun Tzu's Art of War to your recovery skills will strengthen or diminish the commitment to life-giving freedom from chemical dependency and other self-defeating behaviors? Referring back to the opening quote, what if the enemy is not enuff courage, missing from self is not enuff dignity, the battle is not enuff integrity? The choice is yours! Either dig a very deep foxhole with drugs, or stand tall and say to yourself, your Higher Power, and the Universe, "I am a warrior in the battle of recovery!"

Sources:
Art of War, Sun Tzu
Art Definition, unknown author
Recovery Quote, unknown author

Submitted by: George Bair, Ms., Ed.D., CAP, CMHP & Fabio Tagliasacchi, MBA

For more information about "The Art of War as Applied to Recovery from Substance Abuse" and other low cost self-help literature is available at Amazon.com (search this title, by these authors). NAADAC approved substance abuse CEU's are available at tlsnationaleducation.com

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Rapid heart rate. Sweating. Shaky hands. Goosebumps. Nausea. Muscle pain. Depression. Anxiety.

At first glance, you might think these are flu symptoms. But they're actually opiate withdrawal symptoms. In addition to the intense pain of opiate withdrawal, imagine the overwhelming fear of the detoxification process, which can last up to 72 hours.

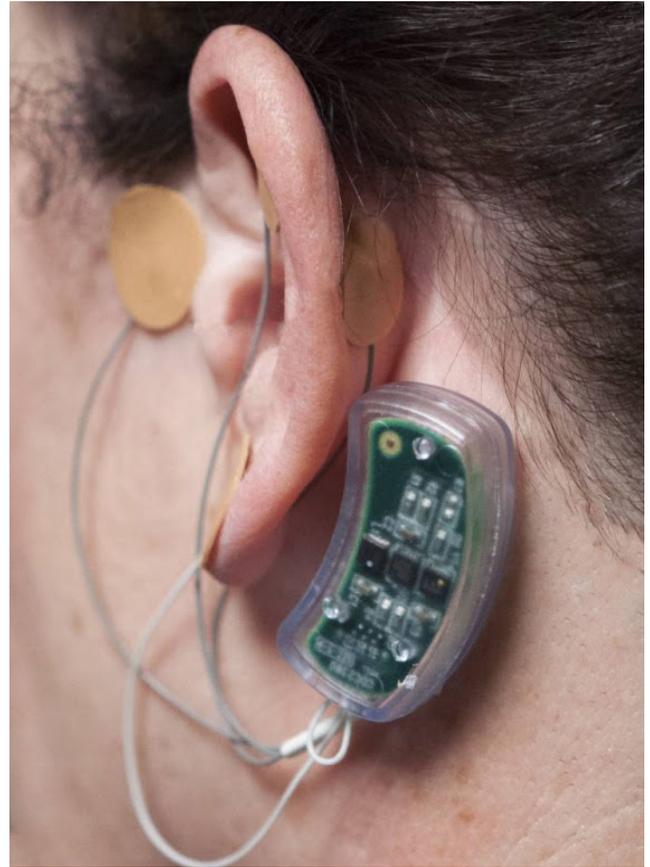
The agonizing pain associated with withdrawal can be a major deterrent for individuals seeking treatment. It can also be a reason why people stop in the middle of a recovery program. Addressing the fear of pain and the pain itself is crucial for an individual committing to recovery. Conventional rehab centers and the allopathic medical community have offered some solutions, but with a relapse rate of 50-90 percent. One has to ask, "Is this the best solution?"

Did you know there is a device and a vitamin protocol that could help millions of people break free from opiates?

The answer many have been searching for is a combination of the Bridge, a non-invasive device cleared by the FDA to reduce pain, and NeuroGenesis™ therapy containing Nicotinamide Adenine Dinucleotide (NAD+). These game changing tools offer hope to those who are looking to detox in just ten days with minimal pain.

The Bridge, produced by Innovative Health Solutions, sits discreetly behind the ear. It can be used up to 5 days for long-acting pain relief and eliminates the fear of pain. In fact, it has the ability to alleviate pain from opiate detoxification by 70 percent in 20 minutes, 100 percent reduction in 60 minutes. It almost sounds too good to be true when compared to conventional detoxification and replacement medications.

"I've seen significant improvements for clients when they use the Bridge," said Samantha Raya, a nurse from the NAD Treatment Center, "One client was very restless and he kept moving from his chair to lying down on the floor, and back and forth. Extremely uncomfortable. Once the Bridge was applied, he fell asleep within almost seconds of it being activated. Clients experience significant pain relief, appear



more relaxed and are able to tolerate the withdrawal process much better than without it."

The Bridge and NeuroGenesis™ is just a few of the therapeutic services offered at the NAD Treatment Center in San Diego. NAD+ is a vitamin B coenzyme used by every cell in your body and has been used since the 1960s for detoxification from alcohol and opiates. Patients report a significant reduction in cravings, and those who have undergone a 10 day treatment of NAD+ therapy have less than a 10 percent relapse rate. The proprietary NAD Treatment Center Detox Method™ involves the most advanced technology and treatments out there for substance detox. Clients report a smoother detox process in just 10 days and walk away completely drug free.

When combined with transformational counseling, the Bridge, NAD IV therapy, and Vivitrol, clients have the best opportunity for long term recovery. One of the best parts is most clients don't experience any drug cravings after treatment. The NAD Treatment Center is giving clients and their families a fresh start, with help from The Bridge.

Know someone who needs a little help recovering from addiction? Contact The NAD Treatment Center for more information at 1-844-NAD-PLUS, or www.nadtreatmentcenter.com.

The Family Addiction Trap

By Randy Couchman, Boerne, TX

Every family has secrets. If yours doesn't you might double-check to see if it's your family. Secrets? What sister wants her little brother telling her boyfriend that she's texting other boys late at night? What child wants the neighbors to know that last night's noisy party wasn't a party at all, but a brawl between mom and dad? How many families have scurried out into the late night to help bring their drunken, loud mom or dad in from the front yard before the neighbors notice? Family secrets. They can be humorous and fun for healthy families. Telling stories years later that only the family knows can be loads of fun, but the more sensitive secrets can devastate.

The concern with secrets, the not so fun ones, is how they are kept. Often, manipulations like power, shame, lies and fear are the tools used. When their use is sustained they can and do create unhealthy emotional, behavioral and relational damage, even if unwittingly. Unchecked, these toxic methods are nurtured and deepened by families wanting to maintain and protect a dignified public image.

Secrecy, of this sort, leaves family members feeling like they are in something like a trap. If you've ever been trapped – stuck in a small space or maybe a tough employment entanglement – you know the disorientation and the emotional devastation involved. Family relational traps, rooted in secrecy, are the same and can be worse.

Powerful family traps occur more often, in my experience with families, when secrecy revolves around some form of abuse. Abuses are many, but our focus here is with the powerful, interconnected family traps caused by addiction, alcohol and drug, particularly. After near thirty years of extensive learning, pastoral care with families and as an adult child of an alcoholic myself, three things are clear: 1) Families will normalize around the addiction, even though toxic, 2) The normalizing behaviors are patterned and, so, predictable and 3) Breaking the patterned traps requires help from outside the family to begin renewal. These 3 are essential, but they're only the starting point.

I remember once, as a child, investigating the distressed exchange between my mom and dad in our tiny bathroom. Dad was on the floor and vomit covered the toilet. Mom was scolding him while cleaning up. Hurrying me out she only said, "Get back to bed." I did, afraid and knowing something was terribly wrong and that I wasn't suppose to know. Nothing was said the next day. I learned much later that my father was drunk that night. Secrecy loomed large around most things related to my father. With a child's mind, rooted in secrecy, I learned "Don't ask," "Don't tell" were rules. By the time mom and dad

divorced I learned secrecy and hiding emotions, well. I'd learned to manipulate my dad's moods and ultimately that I was responsible for his emotions and behaviors, as well as other's as I grew older. If children live with secrecy they will make up their own stories, irrationally creating their own skills for coping and protecting family image.

When secrecy is tethered to the lie of uniqueness, another factor in families living with addiction, the trap grows stronger. "Our family is not like others," it's said, and "We can fix this ourselves." Remember, though, family life with addiction is patterned and predictable. Patterns are almost always the same. Feeling unique, a family unwittingly strengthens the trap out of fear, embarrassment, shame, and even guilt, creating a family codependency that sustains the myth of uniqueness. They are trapped not knowing that secrecy and uniqueness can be effectively approached to create needed change for both the family and the addicted member.

Learning can lead to healing and growth. Don't let fear of taking action be an obstacle. If you know the feeling of the family trap, just know that you are normal. If this brief overview resonates with you in some way, hope and help are near. Counselors, treatment centers and family resources know your 'whole family' needs. If addiction exists in your family, your family is affected. Break the secrecy. Reach out for the good and the future of your family. Freedom awaits.

Breakthrough

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Donya Young: 1-830-285-4985	2nd Adult: \$1,000
WildSageNaturalFoods@gmail.com	Additional Adults (in a family): \$1,000
	Youth (12 & Older): \$500



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Addiction and Co-Dependency

By Rev Carol Baxter

We all know that stress causes problems with our health, puts a strain on our families and affects our work. Usually, we think of stress as coming from some outside source that affects our relationships. Certainly coping with addictions, persevering through recovery, and staying addiction free is stressful and requires understanding and special skills for our friends and families. What few of us realize is that the skills and insights we have about relationships can either alleviate stress and offer support and strength in addiction recovery or add to the many stressors that tempt to pull us down.

One of the biggest influences in the success or failure of continuing recovery is the Co-dependent relationship. This type of relationship, while seeming to be born of the best of intentions, in fact, puts a strain on the addict as well as their family members and friends, though for different reasons.

As a person dealing with addiction, when a parent, partner or friend is too enmeshed in our well-being we learn to be dependent on someone else worrying for us, picking up the bills, paying our way out of jail, keeping the amount of alcohol we drink in check. Being monitored in this way makes us feel victimized and infantilized. We learn to resent and depend on this phantom support even though it is not teaching us how to make our own way; it is not allowing us to see how devastating our own choices are to our lives and others. As long as the outcome of our choices is softened we are never allowed the stark reality of seeing them in the bright light of reality.

As a parent, friend or partner, we believe we are doing right by those we care about. We continuously wonder why they have not taken our efforts at preserving a decent life for them to heart and used the help to step up and step out of addiction. Being a co-dependent is seductive because it looks like we are being noble, doing great deeds, and suffering immeasurably because of someone else's behavior. In truth co-dependents often get enmeshed in another's life. Co-dependency, being overly responsible in another's life, is an addiction. Perhaps it's not an addiction to a substance but it is an addiction to a destructive pattern of relating that can often be traced back to the way they were treated as children; what kind of boundaries and rights they were or weren't allowed to have and what kind of behavior was modeled around them.

While there may be a real need for say, your son to stop using drugs yet there is really nothing we can do to stop him from using. As a parent and as a codependent the best thing we can do is set a reasonable boundary that can be adhered to. Such as letting your son know that you are not providing money to him or getting him out of jail. These are choices that you can make that preserve your dignity and shows that you value yourself. Even though this may seem uncomfortable at first it sets proper limits on things you find objectionable.

Co-dependents don't realize that they have choices and rights and tend to see options as black or white, all or nothing. While some boundaries need to be absolutely unbendable- such as the right to not be physically abused, others can be softer or negotiable. When we don't set boundaries we leave ourselves open to disrespect, or abuse because we don't value ourselves enough to act in our own best interest and often don't know how to set limits in a way that is calm and clear rather than accusing and anxiety producing.

It is not unusual for co-dependent people dealing with addiction or co-dependent caregivers to have been raised in a dysfunctional family where there was ridicule, punishment, shame, or shut down if needs, wants and fears were expressed. In a family that did not know how to meet needs in a healthy way, we learned to get the time and attention we wanted by doing for others and taking on roles that were not meant for a child.

Healthy boundaries are learned. No one is born with them.

It is never too late to start demonstrating how we should be treated with respect, and we do this by giving ourselves the respect we deserve. It is never too late to learn that we are valuable, to tap into our own needs and learn how to express them with strength and certainty.

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BARBARA L HEGGERS

Reiki Master /Teacher, Ordained Minister and Certified Addiction Professional with a Bachelors of Applied Science in counseling offering healing to the community.

I fell in love with reiki in 2007 when I experienced the loving healing energy working in my life. Coming from a place of being guarded and afraid to allow others in my life from past hurts I seen my walls tumble down and my love for reiki became insurmountable. Wanting to share the miracle of reiki and allow others to participate in the miraculous healing that I experienced, I worked my way from reiki I practitioner to a Usui Shiki Ryoho Reiki Master.

Along my way I was introduced to the power of essential oils, crystals, sound therapy and emotional freedom techniques which I incorporate into my healing sessions. Knowing the importance of ethical practices and my love of spirituality I became certified as an Ordained Minister. My intention is to always bring sacredness, passion and integrity to my practice and to treat and teach those interested in natural healing and to help others discover the magic and healing power of this vibrational energy medicine. I have also been in practice as a therapist for those struggling with substance use and lack of self-love for



over 9 years. I hold a bachelors in Science in Human Services and I am a Certified Addictions Professional.

I especially enjoy teaching others how to empower themselves to make positive changes in their lives.



Changing your outlook can completely change your life and how you perceive yourself, other people, situations, and events and bring you more happiness, peace, and joy and less fear, doubt and suffering. I can help you to make positive changes in your life that will help you experience more joy and peace, such as learning to become self-aware, how to release thoughts that create suffering and to go with the flow, and to unblock and open your energy centres. I can help teach you to reconnect with yourself and your intuition. To trust life and the world again. To develop self-love and respect so don't have to look outside yourself for those things and can freely offer them to others.

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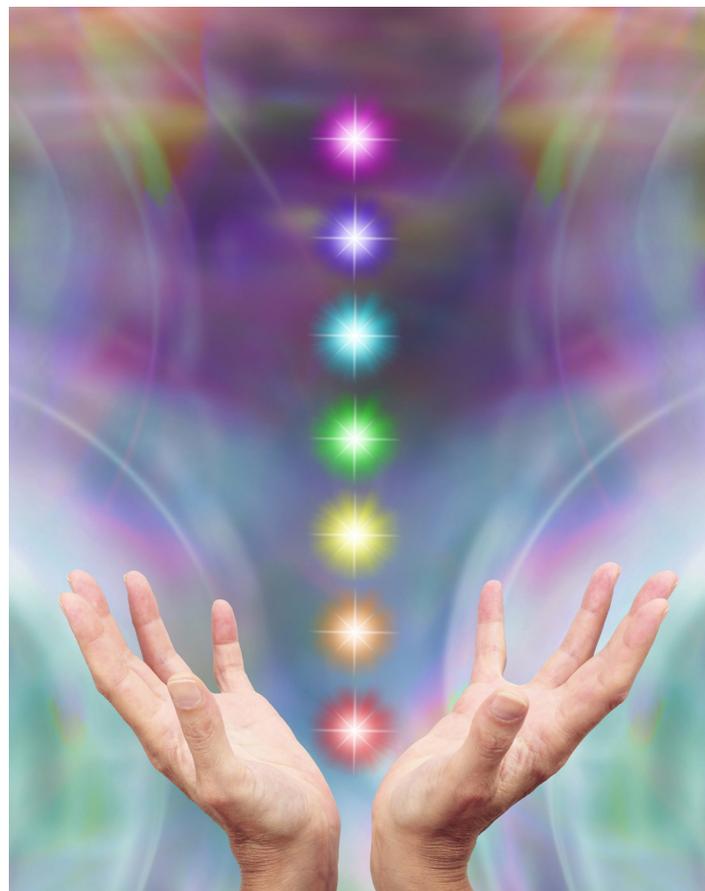
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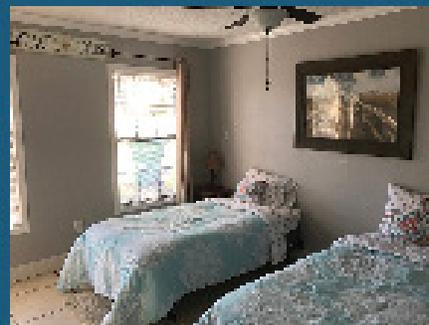
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Beyond Denial: Moving Toward Patient-centered Treatment

By Nick Jaworski

The catch 22 of denial is a sacred cow within addiction treatment, yet it serves no meaningful purpose for an individual seeking support.

In fact, the criteria of denial is only brought up when the individual in question states that they do not have a problem. Of course, the real problem here is simply one of perspective. The family member/judge/counselor believes the individual has a problem. They themselves do not.

The criterion of denial is meaningless in the substance abuse setting for a number of reasons. Let's just use alcoholism for simplicity's sake.

Issue #1: The Catch 22

Once labeled as to be in denial, you can either admit you're an alcoholic, and accept your label. Or you can say you are not one, at which point you will still be labeled an alcoholic, but simply one that's in denial. Either way, you're an alcoholic. You're just implying that you have no respect for your patient's judgement or intellectual capabilities.

Issue #2: It Needs to Be All About the Patient

The second issue is that we all know treatment only works for those who are ready and willing. You cannot force treatment on anyone and be successful.

What someone who is abusing a substance is saying when they say they don't have a problem is that they're willing to accept the current problems that come with it.

We cannot and should not assume an individual is stupid or lacks judgement. This is probably what they've been told countless times and we only damage the situation further by reinforcing it.

When we pass the irrevocable judgement of denial, we're saying this individual is not intelligent, they don't have the ability to make their own choices. In standard 12-step mantra, the drug has taken control.

So we tell them the drug is in control and then are surprised when they can't seem to take control of their own life? It doesn't make sense.

Patient-centered Means Accepting and Listening

While the state and insurance companies need clearly defined labels for obvious reasons, to actually help a person using drugs in a way that is destroying their life, we need to take them as they are and seek to understand how they see the issue, not as how we see it. We need a patient-centered approach to treatment.

There is a very clear benefit to substance abuse. Otherwise, no one would do it. Those most successful in recovery often find hope, meaning, and purpose beyond what they'd been able to find before. Helping them find some or all of those three things is the best thing we can ever do to support those in need. Failing to really hear, listen, and understand an individual by slapping the denial ticket on anything they say benefits neither us nor them.

Nick Jaworski is an advocate for a more human-centered, individualized approach to addiction treatment. Having gone through his own addiction issues in his youth, he saw firsthand the failure of standard mantras in the field. He is also the owner of Circle Social Inc, a digital marketing agency that helps recovery centers and other healthcare organizations connect with patients and their communities.



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