

FREE



All 4 Ur ADDICTION RECOVERY

Treasure Coast / Palm Beach / Sarasota FL
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Vol. 4, Issue 1 • Winter, 2015-2016

Community Resources

Recovery Articles

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Events & Much More!

**Referral
Resource Guide**



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 5 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, California, or New York, 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,
Jenny Clark
Publisher

info@All4UrAddiction.com



Jenny Clark
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
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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	772-343-8373	www.treasurecoastareana.com
NA New York Area	212-926-6262	www.nycna.org
NA Orange County Area, CA	714-590-2388	www.orangecountyana.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	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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Improving Lives...

TEN WAYS MY LIFE HAD BECOME UNMANAGEABLE

BY VIRGINIA N. SHERRY

Part 4 of a Tragic 5 Part Story

In 12-step programs like Narcotics Anonymous and Alcoholics Anonymous, the First Step states: "We admitted we were powerless over (drugs/alcohol) -- and that our lives had become unmanageable."

In substance abuse treatment, looking honestly at the impact of addiction is a common exercise.

Kathleen provided this list of 10 ways her life had become unmanageable, in this entry dated July 18, 2014:

Lost apartment

Lost some friends and family

No job

Didn't finish school [meaning her master's degree in education]

My health

No motivation

Couldn't think/write

Slave to drugs

Stopped caring about everything

Let myself go

In a short poem written three months before she overdosed, Kathleen reflected on how her life "fell apart so damn fast."

APOLOGIES TO HER PARENTS

While she was in the Florida rehab facility, Kathleen mailed a Father's Day card to her dad that included this handwritten note:

Dad,

I just want you to know how much you truly mean to me, you're my best friend.

I can't thank you enough for giving me this opportunity.

I want you to know that from here on out, you're only going to be proud of me!

I want to be a daughter, the daughter you have always thought i would be.

This card truly says it all, you're my hero and my world and I love you more than anything!

Happy father's day!

Love Always,

Kathleen

In a notebook entry on July 15, Kathleen wrote the poem that focused on hope and faith, reflecting optimism about her recovery. The following day, she penned an apology to her parents: during the time she was living at a rehab facility in Florida.

I just want to start out by saying that I'm sorry. I'm sorry that I hurt you. I didn't mean to become the addicted drug addict that I was. You both raised me to do the right thing, but I reluctantly let this disease control me. You gave me an incredible childhood where I never wanted for anything, and I'll always be grateful for that. You both were and still are the best parents that I could have asked for and I'm truly sorry that I let you down. I want to thank the both of you from the bottom of my



heart for giving me this incredible opportunity (at the Florida rehab). Honestly speaking, I could never have gotten clean the way that I have here.

I needed to get away from everybody & everything. Coming to Florida has not just gotten me sober, it's changed my thinking but most of all it's reintroduced me to the person that i used to be. I found myself again! I honestly don't know where I went wrong. I've kept so many secrets from you because I didn't want to hurt you. When the truth of the matter is, if I would have told you there's a good chance that I may not be in the situation that I'm in. Because if I would have confided in you and came clean, I would have gotten things off my chest and would have had the opportunity to work thru my issues instead of burying them. I'm not saying that this would have completely kept me away from drugs because I truly believe that I was born with this disease. It's neither of your faults, so please don't ever think that is was. If it wasn't for you both, I may not be alive today. I love you both more than life itself and promise to become the daughter that you've always wanted me to be. And again, I'm so very sorry for putting you through all of the heartache that I've put you thru.

In the next issue, read
**IMAGINE THE SCENE OF A FATHER
 ADMINISTERING CPR TO HIS ONLY
 DAUGHTER**

Excerpted form: www.silive.com



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POSSIBILITIES BY DEBRA A.

Early in sobriety I purchased the only bumper sticker I ever owned which read, "With God All Things Are Possible." I am sure I read this statement before, but it made little impression on me. But, I had reached a point of desperation sufficient to pressure me into seeking a relationship with the God of my understanding: a key ingredient in my recovery.

I held tight to the power of this statement and I trusted these words contained a nugget of truth I had been blind to in the past. They brought me hope for a better future and motivated me to reach for more than I thought possible. I imagined a stronger relationship with a Power greater than myself: One who worked in my life. I sensed I might overcome the cloud of negativity and gloom I carried within me for so long. I knew I did not want to be sober and miserable.

This hope meant long-term sobriety was possible for me. I grew to believe that if others accomplished time in sobriety, so could I. Along with sobriety I believed the possibility existed for me to be happy, experience a measure of joy, and enjoy a sense of freedom others claimed for themselves.

My sponsor encouraged and supported me in my recovery efforts. The guidance and tools she shared with me set me on my new path and has continued to 'steady' me throughout the years.

I loved when she would say, "Nothing is impossible, the word itself says, 'I'm possible!'"

I realized over time a few important life principles. One of importance was what I tell myself becomes myself. To be more deliberate and intentional in my thoughts and actions took work. Better feelings followed. I stopped chasing 'happy' and sought more truth and 'right' actions. Over time, I worked all twelve steps. I continued to rely on the notion of possibilities to pave the way for my new and liberated life.

In sobriety I now live my life from a different mindset. A shift in perspective helped me experience this universe as friendly and supportive.

Today I realize I am a choice-maker. For in every moment, an abundance of choices are at my disposal. I ask God to help me recognize my choices and guide my decisions. I want to live in harmony with that still small voice within me and work in partnership with God. For in this partnership my fear diminishes and my level of trust grows. I trust God to do his part and I do my part. Today I continue to explore who I am and stay connected to the God of my understanding and my truest self. There is no end to the delight in that. Embracing my

journey in recovery doesn't mean no lessons and challenges exist, for these continue as long as I am alive. The wonderful part of these life circumstances is that teachers, mentors, guides, and meaningful experiences appear that move me forward and help me continue to grow and change.

As I try to shift into the potential of each situation, I ask others to help me. They help me and see what it not available when I am lost. They help me expand my options. When I remember to take the time to notice what comes along the way, I also find I hear or read messages that directly speak to my circumstance. Gems known as coincidence appear.

Through marriages and divorces, deaths and births, wealth and poverty, deep heart ache and mad confusion I have stayed sober. I fretted and worried, to no avail. I've remained wrapped up in my self, and emotionally all over the map from time to time. Through all of life's challenges I find God can heal and change me if I ask and stay willing to be changed. I have a sense of well being even in the midst of the storms life brings. Amazing things can occur. Radical change is available. Possibilities continue to be endless.

God works in powerful ways in the lives of so many improbable candidates. I know I am one. Today I hope my life is solid evidence of this truth: "With God All Things Are possible"



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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

Palm Coast Area Spiritual Retreat Friday 1/14/2016 – Sunday 1/17/2016

At the Gold Coast camp 7495 Park Lane Rd., Lake Worth, FL.
For more Information, visit www.palmcoastna.org.

66th Anniversary Jensen Beach Group Saturday 01/30/2016 5:00pm

At 3900 Skyline Dr. Jensen Beach, FL. For more information,
contact Robert Martin at 772-634-7443.

57 th Annual Rockers in Recovery Free Music and Art Festival Saturday 02/13/2016 11:00am -10:30pm

At the Concert Green at CB Smith Park 900 N Flamingo Road,
Pembroke Pines FL. For more information,
visit <http://www.rockersinrecovery.org/events/rir-music-festival/>.

California

NA TAC Convention 16

Friday 1/15/2016- Sunday 1/17/2016

At the Oxford suites 2035 business lane, Chico, CA. For more
information, visit TAC-convention.com.

Addiction Professional Summit: From Treatment to Recovery Friday 02/04/2016 – Saturday 02/05/2016

At the Wyndham Anaheim Garden 12021 Harbor Blvd, Garden
Grove, CA. For more information, visit <http://www.addiction-pro.com/ap-summit/addiction-professional-summit-anaheim>.

San Diego/Imperial Counties Regional Convention Friday 03/25/2016 – Sunday 03/27/2016

At the San Diego Bayfront Hilton 1 Park Blvd, San Diego, CA.
For more information, call 800-445-8667
or visit www.sandiegona.org.

Arizona

Pancake Breakfast Speaker Jam Fun-raiser 01/16/2016 9:00am

In the kitchen at St. Andrews 800 Taylor Dr, Sierra Vista, AZ.
For more information, contact Sheryl 520-678-5670.

3rd Annual AA Round Up Friday 2/19/2016 - Sunday 2/21/2016

At the Schoening Conference Center Yuma AZ. For more infor-
mation, visit WWW.Yumaroundup.org.

EV Skyline Serenity Hike Saturday 03/26/2016 9:00am – 12:00pm

At the Evergreen Park 328 West 5th Street, Mesa, AZ. For more
information, contact Bonnie 480-695-3893.

Mexico, Arizona, California NA convention 7 Friday 3/11/2016 - Sunday 3/13/2016

At the Shilo Inn 1550 South Castle Dome Ave, Yuma, AZ. For
more information call 928-502-2201 or visit Maccna.org.

New York

EACYPAA XI V Eastern Area Convention of Young People in AA Friday 2/19/2016 - Sunday 2/21/2016

At the Grand Hyatt New York 109 East 42nd Street
at Grand Central Terminal, New York, NY.
For more information visit www.EACYPAA.org.

SENY Convention

Friday 3/18/2016 - Sunday 3/20/2016

At the WestChester Marriott 670 White Plains Rd.,
Tarrytown NY. For more information, go to aasenyo.org.

Rochester Area Convention 22

Friday 02/26/2016 – Sunday 02/28/2016

At the Radisson Hotel 120 East main Street, Rochester NY.
For more information call 585-546-6400
or visit www.rochesterny-na.org.

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At the First Presbyterian church, route 199, Pine Plains, NY.
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EAP/EAL is experiential where the client is asked to participate in activities with the horses and the treatment team process with the client, their observations of both the client and the horses. Attention is paid to patterns of behavior, as this is where it is most likely to benefit the client who may have become stuck. Working with the horse can, by use of metaphor, highlight for the client relationships outside the arena and give the client an opportunity to explore and change.

EAP/EAL is experiential and creates a space where clients can learn about non verbal communication, relationships, attitudes, boundaries, creative thinking, problem solving, leadership and responsibility. EAP/EAL is not about learning to ride or look after the horse. All activities take place on the ground and no prior experience with horses is necessary.

Participants when interacting with one or more horses, all with different personalities, learn to adjust their behavior and find solutions to problems, break their patterns and create different outcomes which they can then transfer to life outside the horse arena.

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DARK DESIRE

BY CHEYENNE G.

I have come to believe we all just spiral in the same direction. We connect with what we feel inside. Bonds to those who share our pain, carry our burdens, understand our shame. I thought I was lost alone in this hell, actually believed I only took myself down, what I couldn't understand or refused to see is those connected to me, their unconditional love like a permeant cord that cannot be cut. I didn't see how my life folded into theirs. I didn't see my watching on the side with sad helpless eyes, a look I used to wear well. Promised I would never cause that look to rest on my face. Sad thing is the girl who promised that no longer existed don't be fooled by the outer appearance I wore my mask well....what they didn't know is a possession had taken over inside. Why I was watching me is still a mystery to me....I guess for the same reason I did before the poison ever entered my veins.... Because before I could blink I was trying to take care of me fight for me. I thought I was my biggest fear I couldn't see that I understood the danger I was surrounding myself with. I was crawling into my old Ill that I left behind...I was taking my old form the innocent kind girl that saw the world with hope. I couldn't see how much they all loved me and begged and pleaded for my life. How much they wanted me well. I feel like now looking back I was hypnotized in some kind of coma. Not able to see or feel clearly I need something drastic to help me change my ways and habits. In many ways I brought fear into their lives chaos and pain as I played with my life like it was a game. Broken and lost myself I watched those I loved hurt and demoralize themselves for my sake. I guess I began changing when death no longer became a dream as I looked it in the eyes more than once...and looking into those cold serpent eyes I realized there is something worse than being trapped in a casket...being trapped in it barely alive and that is what my life turned into. I became my own reaper.

I sat on the floor the, broken full length mirror towering over me, I didn't want to look. I could feel death creeping closer, its dark smile becoming clearer and its sharp white teeth shining brighter. I could feel myself self-fading. I wanted to stop, why couldn't I just stop, why was I putting up with all of this. I could see clear enough it was leading it wasn't a mystery to me of what would happen if I kept going on like this. I was controlling my every move there was no one to blame or point fingers at. It had been three years already and nothing had gotten better, much worse. Everything I said I would never do I had done and become. If I could be this bad in just three years would I even see my 21 birthday. My family was already preparing for my funeral but I was still alive, but they could see death clear around me. How could I trust anyone to watch my back if I wasn't even watching myself anymore. Death was a dream I thought but dying like this was nothing I could have imagined. Had I worn out every opportunity I had been too lucky? I could feel my luck running out. I could feel the doors closing and not opening anymore. The world was moving on without me. I was falling behind, felt I was falling from grace. I had done more than

most already and lived several different lives in one, I didn't know who I was and who I was becoming was frightening. I lost all morals and all sense of what I wanted. I started to think the only way out would be to take myself out. I sat on the bottom of that broken shower water not draining. Broken tiles and alone in my shame. I had tried rehabs, detox, moving, everything. Why hadn't anything worked? I watched it work for others why not me? Why was nothing saving me from myself? Then one day I was so sick sweating shaking the nausea was too much, I couldn't even hit myself, my veins were collapsing. Tears clouded my vision as I poked at myself like a pin cushion. Blood dripping everywhere down my legs warm and sticky, I didn't care almost everything I owned was stained with my blood now. I flipped out and threw the needle down on the grown. I couldn't live like this anymore. I had been here too many times. Just getting released from the hospital against medical advice how much more could my body take of this torture. Repeating the same thing. Losing everything and I couldn't take it. How could I offer myself up to people to get a fix, selling myself like on auction, it was taking my soul and all strength was being drained. How could I break my family's heart, leaving them behind with nothing and who knows how and where they would find me, my brother told me once he would know it was me by a necklace I never took off. Just in case they couldn't tell whose body it was. How could I keep hurting myself like this? Maybe I had completely lost my mind, I thought as I looked down at that needle clouded with my blood, I could see the clots moving inside. I picked myself up shaking and alone. I had worn out every welcome, and everyone who once believed in me didn't. People couldn't trust me and didn't believe I would ever change I was starting to believe them too. They had to accept that I would never come out of it. Settle with the idea I was lost with the rest. Something in me couldn't accept it. I didn't want this to be my story this couldn't be my ending. I knew I was capable of more. I took myself to a park that day sick and begged for a way out, talking to God as if He was sitting on that bench with me. I came to except that I had to leave this town now, if I could it would be my last chance to get my life back, maybe I could put this nightmare to rest. Would I take that risk moving to an unknown place with family I never met and trust them to give me shelter and help me in my darkest hour. I thought to myself why not? After all I handed trust to the wrong people including myself, how could they hurt my any more than I had hurt myself, there was no bigger let down then where I had fallen within these past several years. I had nothing to lose and I had trusted worst, hell I has slept in the woods for three days once, I could survive just about anyway. Anything had to be better. It took everything in me to actually get on that plane. That day the demon inside me was fighting hard and being sick and irritated by dealing with family is nothing I handled well, I was about to give in to my dark desire. After almost being arrested that day and yelling at everyone around my. I was shaking and vomiting after

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Treatment & Recovery



Dark Desires*Continued from page 11*

being on a binge for a week and going through my first withdrawal. I thought to myself how easy it would be just to get high at least for the flight. But I didn't I got on the plane with one duffle and a change of clothes and what I had on my back. In the airport I was annoyed and sick and could care less what I looked like, baggy shirt and worn jeans. I said goodbye to my family not yet at all fazed with the fact that I was leaving. There was no fear or sadness inside. I could only think about my sickness. I knew what I was in for and was selfish and thinking of my discomfort only. I didn't yet feel my family's pain or all that I had done to myself yet. I got off the plane and landed to my last chance. This was it and I knew it. If I didn't make myself do it here that would be it, I knew.... could feel it deep in my heart I didn't have it in my to go through it again go through anymore of the hell the drug life offers. I spotted my sister, embraced in an uncomfortable hug, my first time in my life getting to hug me. I was sore, black and blue arms ached as I wrapped them around my and forced a smile. I felt a bit awkward, in my baggy shirt and dirty jeans. Sleep didn't come easy for the first few days. I was up fighting with myself, thoughts racing guilt and shame teasing me as I tried to find comfort. I didn't want to talk about it or feel the feelings that were surfacing. There was no comfort anyone could give, as much as they tried I could never explain that I was numb and felt like I was being turned inside out. The pain was something I couldn't describe and I promised myself I would never reveal fully who I had turned into out there, how could I after all these were strangers but family. The second week I could feel a little strength in my. A determination that I never felt to stop my dark desire from dragging my around. I knew if I didn't stop it myself, that I could have it be hand delivered back to me if I desired. As much as they wanted to help I found how it easy it would be to get them to give into my way and give in. Something snapped inside though once I discovered the power I had over all of this. For the first time in my life I could honestly say I didn't want it I could feel it, there was no lie it was turning into a mission to stop it from growing. It was too easy the lifestyle was too predictable anyone could have it, I had lived that life too long I knew then it would take me to save myself and I began a hate for it strongly wanting nothing to do with it. There was a whole world that I hadn't seen yet and slowly the drug scales on my eyes were peeling off I was starting to see clearly, the beauty of life was becoming visible again the possibilities of what I could do I was starting to recognize in myself. I thought I had let every opportunity slip through my fingers. This time it was either sink or swim and I would pull out every ounce of strength I had left to fight. I knew how determined I was to use no one and nothing could stop me. What if I used that same strength to fight this? The thought filled me with a new sense of self-worth. It was me against a darker version of myself after all. Every day that passed I felt myself desiring it less and less. My other sister who was only 25 year, had so much in life, it was exciting and interesting, she was strong and knew what she wanted. She chased her dreams, and had a lot of the same passions that I myself had before I laid them aside due to my

using. She was into writing and photography my sister was living a life I had wanted for so long but let go. Why couldn't I work just as hard to achieve my dreams too? All I had to do was let go of the drugs and the false security I had made in them. This opportunity was available and I was ready to take it. As the days went by I kept busy. Things started to surface memories and dreams in and out. Of what I had done or what I thought at the time was only a black out. Dealing with the pain sober was the hardest. The aggravation and irritation, I knew that I could handle it as long as I didn't take the easy way out. I began working again for the first time a normal job. Long hours and lots of labor, my muscles ached and at times I wanted to snap because following rules was also new to me. But even after a long night of work it was worth it. The feeling of belonging to myself again, able to look myself in the mirror again and smile, knowing that I is making it, and I isn't putting the money I is earning in my arm this time. I felt myself making little goals as well as the big ones and for the first time feeling like I would be alright. If I just kept denying myself that one dark desire I knew I could do anything I set my mind to. I could go anywhere, conquer anything if I just kept conquering this every day. I was doing it on my own with God by my side just like all those times He kept my alive. I was slowly learning to love myself and letting go of ties I held so tight because I felt the need to be loved. I was learning as long as I loved myself I would never be alone. All the relationships I thought I had burned were coming out of the shadows revealing they had never truly left they were waiting and hoping for me to wake up. I was beginning to let myself feel my emotions again, I was starting to forgive myself and feel the strength I swore I lost. I was awakening from my coma and I was finding the joys of sobriety that I had always believed to be a lie. I started being thankful even for the bad days. Because compared to what I had gone through there wasn't a bad day that could be worse than what I had experienced out there. So each day I gets dressed with confidence and is always discovering something new about myself that I thought was long gone or couldn't exist.



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RECOVERY TAI CHI

BY GRACE COFFEY AND PAT LAWSON

Tai chi exercise has been shown to have a centering effect and to support mental quietude. It also has positive physical effects in stimulating circulation and production of endorphins. It is an excellent exercise for anyone recovering from a challenge. Building inner stability and core strength is so important for all of us, and especially those in recovery. Yet it is safe and simple to learn, reducing the frustration factor for beginners. According to principles of Chinese medicine, the ambulatory movements and stimulation of the soles of the feet are important in

moving stagnant chi, or life energy, thus helping the body gain health. Sometimes called "moving meditation", tai chi is an excellent practice to support mental and physical balance. Soothing movements and breathing techniques help to create a calmness. With this calmness comes a sense of acceptance and feeling of ease.

Grace Coffey is presently offering Recovery Tai Chi at treatment centers in Palm Beach, Martin and St. Lucie Counties. She is available as a group facilitator or consultant.

Exhale with Grace
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