

***FREE***



## ADDICTION RECOVERY

Vol. 6. Issue 2 Summer 2018

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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](http://www.All4UrAddiction.com)

Sincerely,

*Jenny Clark Spades*

[info@All4UrAddiction.com](mailto:info@All4UrAddiction.com)



**Jenny Clark Spades**  
Publisher

### Important Helplines

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

AA WORLD SERVICES	212-870-3400	<a href="http://www.AA.org">www.AA.org</a>
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AA Intergroup Martin County, FL	772-283-9337	<a href="http://www.martincountyaa.org">www.martincountyaa.org</a>
AA Intergroup Orange County, CA	714-556-4555	<a href="http://www.oc-aa-org">www.oc-aa-org</a>
NA World Services	818-773-9999	<a href="http://www.na.org">www.na.org</a>
NA Florida Regional	863-683-8224	<a href="http://www.Floridana.org">www.Floridana.org</a>
NA Treasure Coast Area, FL	772-905-4409	<a href="http://www.treasurecoastareana.com">www.treasurecoastareana.com</a>
NA New York Area	212-926-6262	<a href="http://www.nycna.org">www.nycna.org</a>
NA Orange County Area, CA	714-590-2388	<a href="http://www.orangecountyna.org">www.orangecountyna.org</a>
Al-Anon Alateen Worldwide	800-344-2666	<a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>
NA Nar-Anon Treasure Coast, FL	888-425-2666	<a href="http://nar-anon.org/Nar-Anon/Florida.html">http://nar-anon.org/Nar-Anon/Florida.html</a>
OA Anonymous	505-891-2664	<a href="http://www.oa.org">www.oa.org</a>
Sex and Love Addicts Anonymous	210-828-7900	<a href="http://www.slaafws.org">www.slaafws.org</a>
211 Treasure Coast	211	<a href="http://www.treasurecoast.org">www.treasurecoast.org</a>
211 For Teenagers	211	<a href="http://www.teen211pbtc.org">www.teen211pbtc.org</a>
Florida Abuse Hotline	800-962-2873	<a href="http://www.dcf.state.fl.us/programs/abuse/">www.dcf.state.fl.us/programs/abuse/</a>
Family Anonymous	847-294-5877	<a href="http://www.familiesanonymous.org">www.familiesanonymous.org</a>
Celebrate Recovery Florida	772-287-6388	<a href="http://www.celebraterecovery.com">www.celebraterecovery.com</a>





Karina Priest Counseling Center, L.L.C.  
Karina Priest, LMHC

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and Addiction Counseling**

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Suite 110



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[info@dovesnestrecovery.com](mailto:info@dovesnestrecovery.com)

## "Another Way Towards Life Improvement"

By Karina Priest, LMHC

After 29 years of practicing the art of counseling, I can certainly say that I have learned so much, and that I will for sure write about it one day. In dealing with patients who suffer from mental health issues, substance abuse, and trauma, I can say that healing is a long term process, and that people can heal and make great progress. Of course, it takes a lot of perseverance, and wanting to get better. Patients see great improvement in their lives when they do different things toward it. Today, there are many roads to healing, and though different things work for different people, all are worth a try. I tend to see the best results when clients who need medicine take it, attend counseling, participate in their wellness plan, and follow recommendations. By far, one recommendation that I often give, and that I see brings great and quick results is prayer. To be more clear.... I mean talking to your Higher Power, which I will call God. When patients follow the recommendation to start talking to God every day.... I immediately see a change, and what's best, is that they can see a positive change too. I tend to recommend that they start their day by talking to God, and end the day the same way. Some patients who are not familiar with this recommendation, ask me how to hold a conversation with God. I simply explain that they can talk to God as they would with a best friend. I suggest that they start this conversation as soon as they open their eyes in the morning. This dialogue can be short or long, whatever they need it to be. Just a conversation telling God

how they feel, what they think, and what's on their minds. I follow the recommendation with two more steps. The second step is what I call asking God for what they need. This is when one can ask for a sign of improvement, or for something specific, or for peace of mind, or even for a new pair of shoes. I suggest that people be real and honest. Lastly.... I recommend that a gratitude list be done, starting with one hand (5 things) you are grateful for. Again.... being honest about what you're grateful for.... anywhere from strength and faith and hope, to a new pair of shoes. I say that in the morning we should be grateful for anything, while the evening gratitude can be specific to five things from that day. The results of bringing God and prayer into your life is miraculous. I see people beginning to feel hopeful, and start having faith. They start feeling and being more positive, and soon they start seeing some healing. I also make sure to add that prayer is not magic, and that asking God for something doesn't mean we are going to get it. However.... I suggest that people try the approach, and honestly see how it works for them. I can truly say that those people who take the recommendation of praying see positive results. The pain of trauma, mental health issues, and substance abuse, often causes people to turn away from prayer, and lose any faith and hope they had. As a result, they stop praying, and stop believing. I just suggest that they try to build a personal relationship with God again.... slowly.... and see how good this can turn out to be.

APSE

AA.org  
up.com  
yaa.org  
c-aa-org  
v.na.org  
ana.org  
na.com  
cna.org  
yna.org  
een.org  
da.html  
v.oa.org  
fws.org  
past.org  
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ous.org  
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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

### EMP Addiction Conference

06/27/2018

At the Riviera Beach Marina Event, 190 E.13th Street, Riviera Beach, FL. For more information please contact Charles Davis at (561) 235-6195 or visit <https://www.behavioralhealthnetworkresources.com/events/emp-ethical-marketing-practices-addiction-conference-2018/>.

### Chapters to Recovery

Friday 06/29 - Sunday 07/01/2018

At the Ritz Carlton Coconut Grove Hotel, 3300 Southwest 27th Ave, Miami, FL. For more information please visit [www.chapterstorecovery.com](http://www.chapterstorecovery.com).

### First Florida State DAA Convention

Saturday 06/30/2018 9:00 AM - 6:00 PM

At the Langford Park, 2369 NE Dixie Highway, Jensen Beach, FL. For more information please contact Emily at (561) 401-5575.

### Alateen Conference--North Florida

Friday 07/20 - Sunday 07/22/2018

At Gotham, near West Orlando, FL. Location and directions will be emailed to you. Send questions to: [alateencon2018@afgarea9.org](mailto:alateencon2018@afgarea9.org) or for more information please visit <https://form.jotform.com/80696519524163>.

### FCYPAA 2018

Friday 07/27 - Sunday 07/29/2018

At the Avanti Palms Resort and Conference Center 6515 International Dr Orlando, FL. For more information please visit <http://www.orlandofcypaa.org/?i=1>.

### Battle of the Fellowships

Sunday 08/12/2018

At Jensen Beach, Jensen Beach, FL. For more information please call Blake at (772) 341-4472.

### District 10 Workshops – Conflict Resolution

Saturday 08/11/2018

At the First United Church of Christ of Orlando, Crismon Hall, 4605 Curry Ford Road, Orlando, FL. For more information please visit <http://al-anonorlando.org/events.html>

### 62nd Florida State Convention Waves of Serenity

Wednesday 08/15 - Sunday 08/19/2018

At the Fort Lauderdale Harbor Beach Marriott Resort and Spa Fort Lauderdale, FL. For more information please visit [http://area15aa.org/wp-content/uploads/2017/08/2018-FSC-Registration\\_Form.pdf](http://area15aa.org/wp-content/uploads/2017/08/2018-FSC-Registration_Form.pdf).

### WCNA 37, The Magic is Still Real

Thursday 08/30 - Sunday 09/02/2018

At the Orange County Convention Center, West Building, 9800 International Drive, Orlando, FL. For more information please visit [https://www.na.org/admin/include/spaw2/uploads/pdf/wcna/WCNA37\\_RegFlier.pdf](https://www.na.org/admin/include/spaw2/uploads/pdf/wcna/WCNA37_RegFlier.pdf)

### Summer Serenity at the Beach

Friday 8/31 - Monday 09/03/2018

At the Hilton Sandestin beach Golf Resort & Spa, 4000 S Sandestin Blvd, Destin, FL. For more information please visit [www.summerserenityatthebeach.com](http://www.summerserenityatthebeach.com).

### Pre Labor Day Cook Out

Sunday 09/03/2018 1:00 PM - 4:30 PM

At the Bayshore Club, 8545 S U.S. Highway 1, Port Saint Lucie, FL. For more information please visit <https://thebayshoreclub.net/events>.

### 2018 Al-Anon/Alateen Convention

Friday 09/14 - Sunday 09/16/2018

At the Renaissance Orlando at SeaWorld, 6677 Sea Harbor Drive, Orlando, FL. For more information please visit <https://www.afgarea9.org/alateen-conference-2018.html>.

### District 1 4th Annual Fall Family Picnic

Saturday 09/15/2018 10:00 AM - 1:00 PM

At the Tree Hill Nature Center, Amphitheater, 7152 Lone Star Road, Jacksonville, FL. For more information please visit <http://neflaa.org/wiktor/wp-content/uploads/2018/06/District-1-Fall-Picnic.pdf>

### Out of the Ashes-River Coast Area Campout

Friday 09/21 - Sunday 09/23/2018

At 7630 Erin Road, Weeki Wachee, FL. For more information please visit <https://drive.google.com/file/d/1-ZVyWmnKhYD8kGF6e8NL5mQV-OKIJcrE/view>.

## Arizona

### Auction/Potluck/Speaker (SEAZNAC promo event)

Saturday 07/21 12:00 PM - 4:00 PM

At the St. Andrew's Church, 800 N. Taylor Dr., Sierra Vista, AZ. For more information please visit [http://www.natucson.org/event\\_flyers/July21-PromoEvent.png](http://www.natucson.org/event_flyers/July21-PromoEvent.png)

### Deep South Campout Committee meeting

Saturday 08/11/2018 10:00 AM

At the Len Roberts Park, Sierra Vista, AZ. For more information please call Scott A. (520)-508-9113 or Norm B (520)-895-8205 or visit [http://www.natucson.org/event\\_flyers/DSCOMtg.pdf](http://www.natucson.org/event_flyers/DSCOMtg.pdf).

### Annual Sharp Creek Camp-out

Friday 08/31 - Monday 09/03/2018

At the Campground near Christopher Creek, AZ. For more information please visit <http://yavapaina.org/Files/2018-08-31-Sharp-Creek.pdf>.

### Deep South Campout Chili Cookoff

Saturday 09/08 10:00 AM - 4:00 PM

At the Len Roberts Park, Ramada 5 101 North Theater, Sierra Vista, AZ. For more information please call Scott (520) 508-9113 or Norm (520) 895-8205 or visit [http://www.natucson.org/event\\_flyers/DSCOchiliCookOff.pdf](http://www.natucson.org/event_flyers/DSCOchiliCookOff.pdf).





**Productive Members of Society Group Women's Oriented Retreat 20**

Friday 9/21 - Sunday 9/23/2018  
At the Whispering Pines Camp, 6525 South Mt Trittle Road, Prescott, AZ. For more information please call Alexis R (480) 458-8648 or visit <http://www.arizona-na.org/WP/>.

**Southeastern Arizona Convention 4 SEAZNAC IV: No Longer Afraid**

Friday 09/28 - Sunday 09/30/2018  
At the Windemere Hotel, 2047 S Highway 9, Sierra Vista, AZ. For more information please call (520) 459-5900 or visit <http://natucson.org/convention.html>.

**California**

**17th Annual Tehachapi Mountain Roundup**

Friday 07/20 - Sunday 07/22/2018  
At the Tehachapi Park, 17350 Water Canyon Rd, Tehachapi, CA. For more information, please call Bonnie at (661) 972-7330, Sarah at (661) 435-2233, [www.TehachapiRoundup.org](http://www.TehachapiRoundup.org).

**Napa/Solano Area Women's Spiritual Retreat**

Friday 07/20 - Sunday 07/22/2018  
At the Golden Pines Campground, Arnold, CA. For more information please visit <http://www.napasolanona.org/>.

**Guidance Life Line AA Meeting Anniversary**

Saturday 07/21/2018 6:00 PM - 8:30 PM  
At 525 North Market, Inglewood, CA. For more information please visit <https://lacoaa.org/test/wp-content/uploads/2018/06/Guidance-Life-Line-35th-Anniversary-July-21-2018.pdf>.

**Campout 9**

Thursday 08/02 - Sunday 08/05/2018  
At the Rollins Lake-Long Ravine Resort, 26909 Rollins Lake, Colfax, CA. For more information please call (707) 324-4062 x801 or visit <http://flyers.sonomacountyna.org>

**The 15th Annual 2018 Mountain AA Conference**

Friday 08/17 6:00 PM - Sunday 08/19/2018  
At the Big Bear Performing Arts Center, 39707 Big Bear Boulevard, Big Bear Lake, CA. For more information please call Christina Z. (909) 273-8561 or visit <https://www.eventbrite.com/e/the-15th-annual-2018-mountain-aa-conference-tickets-45353711171>.

**11th Step Retreat 6**

Friday 08/24 - Sunday 08/26/2018  
At the Belden Town Lodge/Campground, 14785 Belden Town Road, Belden Town, CA. For more information please call (530) 283-9662 or go to [https://webdata.na.org/events/List\\_Search.aspx](https://webdata.na.org/events/List_Search.aspx).

**Co-Ed Softball Tournament 17**

Saturday 09/08/2018  
At the Elk Grove Regional Park, 9950 Elk Grove Florin Road, Elk Grove, CA. For more information please call (916) 410-7618 or visit [https://webdata.na.org/events/List\\_Search.aspx](https://webdata.na.org/events/List_Search.aspx).

*To get your event listed free, email us at [info@all4uraddiction.com](mailto:info@all4uraddiction.com)*




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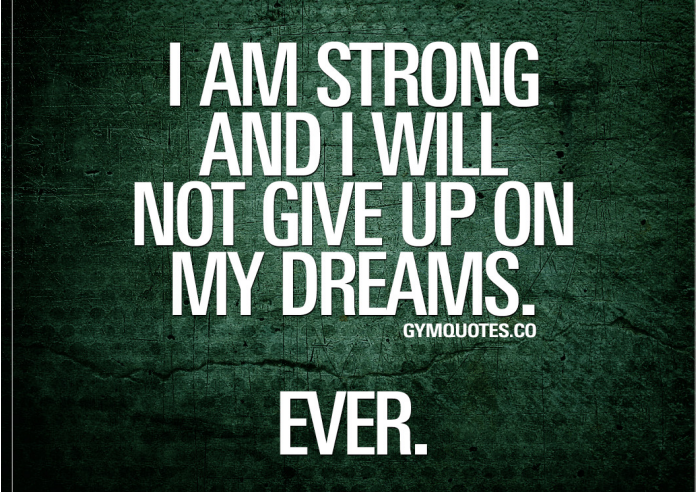
12 step program resources

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Florida Association Recovery Residences

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Delray Beach, FL 33483  
[trophousedelray.com](http://trophousedelray.com)



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[stephen@interventionsuccess.com](mailto:stephen@interventionsuccess.com)  
[www.interventionsuccess.org](http://www.interventionsuccess.org)

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# The Continuous Cycle of Addiction & Recovery

By John Cazander

Why is it that some people escape into their addictions rather than rely on effective coping skills?

Over the years of coaching and supporting individuals, I have come to the realization that, the driving force of addiction is the fear of living with stress. People are either trying to escape the stress of daily living or they fear the clutches of addiction. This is the continuous cycle of addiction and recovery. Fear will come back time and time again, as will the need to escape reality and the need to recover and heal.

How can this continuous cycle of destructive and ineffective behaviors be stopped?

Before I can answer that question, let's look at how the process of burnout works, and how the anxieties of daily life, relationships, career, family, and the fear of stress, are the driving forces of a burnout process.

*Stress is the catalyst  
Fear is the accelerator  
Addiction is the escape tool  
Burnout is the process  
Depression is the result*

Ah, I already hear the questions coming from the readers, "Why don't we instead, take the stress away?"

There is no such thing as having a stress-free moment in our lives. The body is in constant stress mode, it needs nourishment, the brain needs information, and the spirit seeks fulfillment. People live with stress from the moment they are born until the moment they pass away. Stress is their constant companion.

Stress is neither negative nor positive. It is a neutral source of energy that people sense in their bodies. How a person reacts to the stressful sensations, is what gives that person a positive or a negative thought or feeling. When the fear of stress is taken away then is a person able to change direction and make real and lasting change in his or her life. When the fear is gone, is replaced with something that is much better. Hope. Where there is hope, there is no room for fear.

*Stress is a source of energy  
Self-knowledge is powerful  
Hope is the game-changer  
Have faith in the process  
Positive transformation occurs*

This source of energy "stress", is a very useful tool that needs to be used effectively. It is a person's life companion, and it needs to become his or her best friend. It is the helper of positive changes to come.

So, are you ready to embrace and befriend your stress?  
I certainly am!

In this simple formula of the burnout process, you will notice that the fear of living with stress forces people to use addictive behaviors in order to cope with life, which over time may turn into addictions to help them escape reality. Fear is the game-changer ... the accelerator, so by taking away the fear of stress, people can stop the continuous cycle of addiction and recovery.

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# Drug Rehab Call Centers Get Congress Investigation Letters

*By Charles Davis*

*CEO, Behavioral Health Network Resources*

Drug rehab call centers are in the sights of Congress. Eight of the nation's drug and alcohol addiction treatment center call centers were sent investigation letters from Congress concerning patient brokering. You can read a list of those call centers that received the letters and what information Congress is requesting below. A buy rehab leads strategy is unpopular with many professionals in the drug and alcohol addiction industry. Even with its' unpopularity these businesses have thrived over the years. Most likely due to many drug and alcohol addiction treatment center owners relying on short-term solutions to their long-term problem of maintaining a census.

## **Drug Rehab Call Centers Being Checked Out by Congress on Drug Rehab Lead Generation**

Big brother is watching the drug and alcohol addiction treatment industry on many different levels. The strict patient brokering laws that were passed on July 1, 2017 for sober homes and addiction treatment centers in West Palm Beach, Florida have paved the road for the nation. The new "Florida Model" is one of the most positive things that has come out of Florida for the addiction treatment industry. California is now in the process with

legislation to fight patient brokering, many more states will follow. Unfortunately, the media in its' frenzy to gain readers and viewers for advertising dollars have beat up Florida causing some ethical operators to close their doors.

They were dubbed with the "Florida Shuffle" which should be the "national body shuffle." The irresponsible news media coverage has caused many to seek treatment in other areas of the country. This hurt the ethical players and more importantly caused some to get treatment in other areas that are worse than Florida. Forbes magazine reported we are in a 35 billion dollar a year industry, and NBC news reported that Florida only accounts for 1 billion. Florida is certainly not the worst state concerning patient brokering.

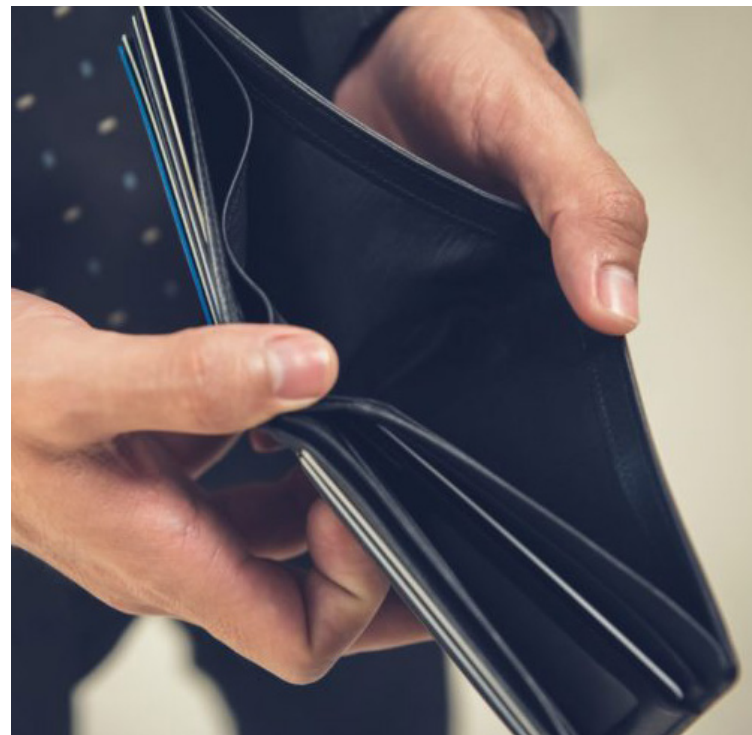
The media in its' slanted coverage, unknowingly may have

caused life threatening situations to many. It will be interesting to see if the media does a story covering drug rehab call centers across the nation.

## **Addiction Treatment Centers Competing in a Red Ocean**

Many addiction treatment centers think they cannot compete with the big players in the sandbox due to their lack of education on proven drug rehab marketing strategies.

They see the bigger players spending over six figures a month on addiction treatment marketing and resort to a quick fix. The quick fixes for their drug rehab lead generation



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## **Drug Strat**

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include a buy rehab leads strategy from drug rehab call centers, soon to come again Google AdWords and the one trick pony cookie cutter solutions offered by the large drug rehab marketing agencies that rely on the churn of the 14,000 treatment centers across the US. Florida was hit with a double whammy with the new laws passed on July 1, 2017 and then again with Google restricting drug and alcohol addiction treatment pay per click ads. Unfortunately, with the new investigation of congress on call centers, some will go back to AdWords if they qualify through Google.

### **Drug Rehab Call Centers Leads Strategy for Drug Rehab Leads**

If the small to medium treatment centers did not waste their time and money on the short term solutions, but instead invested in a long-term organic strategy they would be much better off. It's an interesting situation if you consider that many of the leads generated from call centers are not a good fit for the treatment centers. In addition, some shady drug rehab call centers sell the same lead to many centers. Once the center starts to complain they are not receiving leads, the call centers

concentrate on sending a few well qualified leads. And now in Florida, it is illegal to sell the well qualified calls which are verification of benefits (VOB Calls.) If you are an addiction treatment center in Florida and are buying VOB calls, or if you are buying calls from a call center based in Florida you are at great risk including legal problems, felony charges, high fines and jail time.

Learn ethical business and marketing strategies at BHNH's 6/27/18 addiction Executive conference.

### **Google AdWords Drug Rehab Marketing Strategy**

It's unfortunate that the small to medium size treatment centers revert to using AdWords. Consider this, pay per click accounts for 1.91% of the calls from page one of Google. Many of these calls are not a good fit for the addiction treatment centers. The first three organic listings on page one of Google account for almost 70% of the page one clicks. In addition, they need to be ranking in the Google 3-pack on page one. It takes time and knowledge to rank on page one of Google. Many of the large one trick pony marketing agencies who have a hard time retaining the best marketing talent gloss over these critical elements.

That is why it is extremely important to have marketing consultants driving your

addiction treatment marketing machine. This also applies to the addiction treatment ancillary services providers lead generation strategies. Many of the nation's best marketing consultants have left the large drug rehab marketing agencies because they know their worth.

They have left the one trick pony cookie cutter agencies because these marketing agencies simply cannot afford to pay them well enough because they rely on the glitz and glamour. They are spending big bucks on their Executive salaries, conferences, airfares, high end restaurants and extravagant entertaining.

### **What Congress is Seeking from Drug Rehab Call Centers**

Congress is seeking detailed and document answers to 10 questions regarding how these call centers have been operating. Here are the areas that are looking to get information on;

- operations, copies of policies and procedures,
- how they obtain new treatment center, detox or sober living clients
- how they refer out
- process calls, questions asked, information given, disclosure, and if staff have any certifications
- how payment is determined
- all signed contracts from treatment centers, detox's and sober livings
- are they helping get health insurance
- all companies they are affiliated with
- disclosures on their websites
- complete disclosure of pay per click, AdWords paid advertising

*(Continued on page 10)*

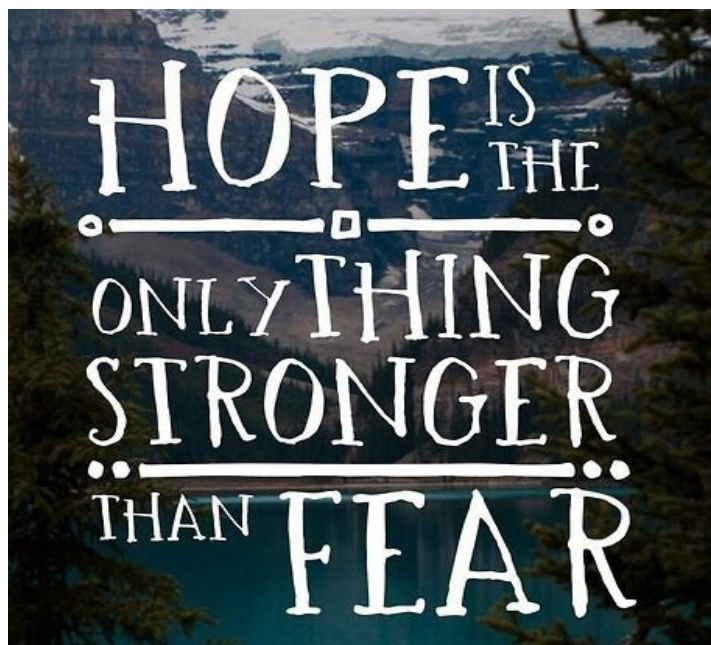


- documented number of calls every month since 2013
- list of any organizations, all their emails and any communications they have dealt with that had license revoked or been shut down and why this happened
- A list of employees that have any criminal charges or any law suits to the call centers in relationship to patient brokering

They also need to make arrangements by June 12, 2018 to provide a briefing to the committee staff. Below are the 8 call centers that have been contacted by Congress. You can click on them and read the letters that were sent.

- American Addiction Centers
- Treatment Management Company
- Redwood Recovery Solutions
- Addiction Recovery Now
- Addiction No More
- Elite Rehab Placement
- Solutions Recovery Center
- Intervention Allies

The writing is on the wall for all the unethical operators in the drug and alcohol addiction treatment industry. Big brother is examining every business aspect of our industry call centers, drug labs, insurance, billing, treatment centers, detox's and sober livings. They are gathering the needed information to take down patient brokering and help save lives.



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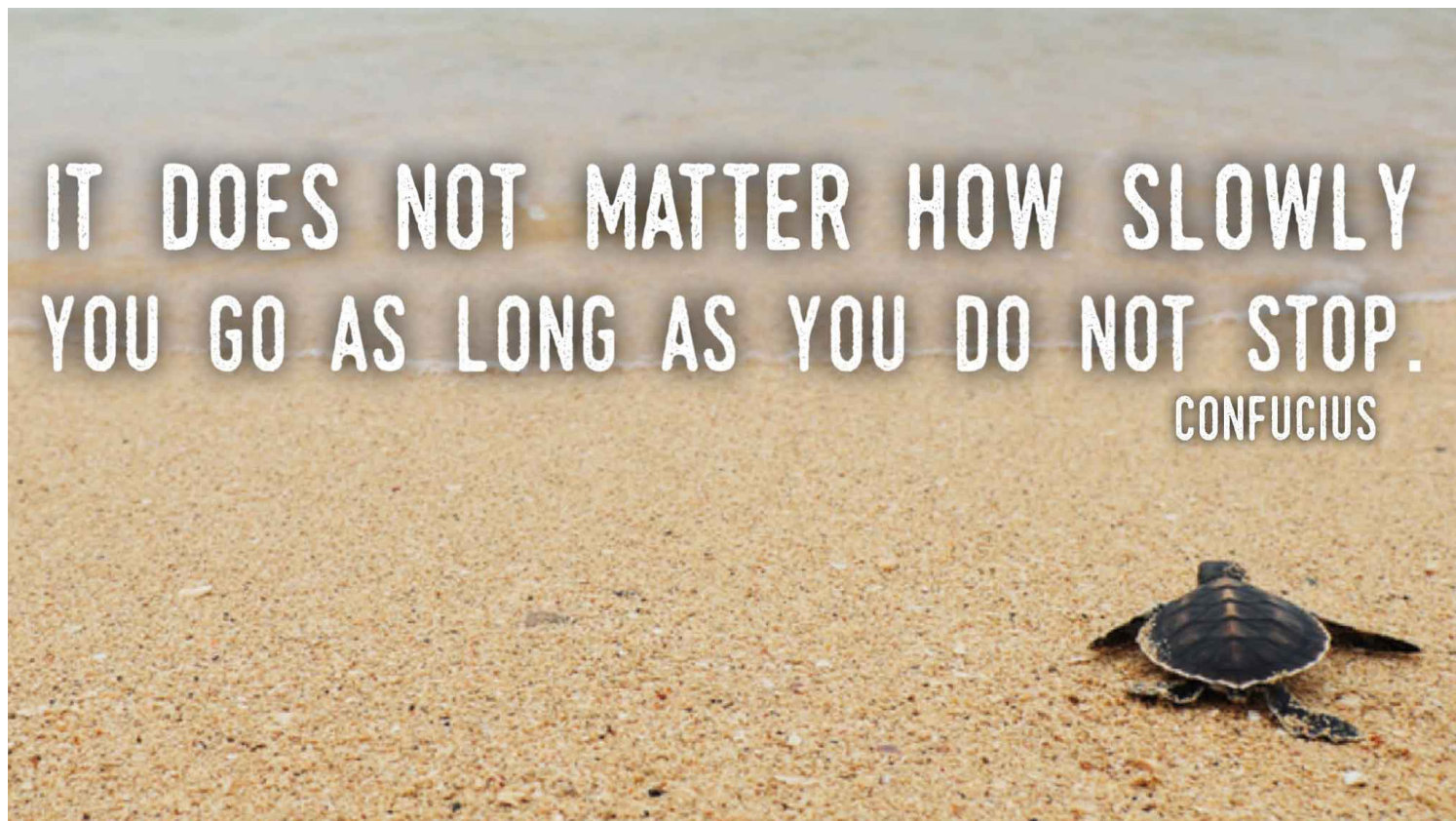


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## A Little Bit About Us...

### *Recovery Releaf*

We at Recovery ReLeaf began this personal journey in providing an Organic Holistic approach to healing and helping others. Based on our experience with implementing CBD, we sought out to provide the highest standards with amazing results. Our Co-Founder and Owner, Deanna Muniz, has been in long

term recovery, her inspiration was not only from her own experience being in recovery but also helping others as well. She now shares and educates others about CBD being a safe and true holistic approach for even those in recovery.

#### **MISSION & VISION:**

Our primary goal is to provide high-quality hemp products. We offer our consumers a safe, effective alternative to painkillers and other toxic prescription drugs that contain chemical compounds. Each CBD product we receive has gone through third-party lab testing to verify its cannabinoid potency and purity.

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**Deanna Muniz**  
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# Take A Deep Breath

*By Dr. George Bair*

What a difference a day makes! Just 23 little years! I believe that for each of us blessed with long term recovery (24+ hours) this is an individual and also a shared experience. Although we are guided to avoid any form of comparison with others regarding the nature of our individual recovery, we, I believe share some common milestones.


For example, the blessing of each clean and sober moment, especially in the early years. As time passes and we encounter a bump in the road, the path becomes smoother. Usually this seems to pass more easily than in the early days. Another thing that appears to happen is that the longer we remain drug free the bumps in the roadway seem to get smaller and we have more choices

in our response to these disturbances in our ongoing lives. For sure, with some work the quality of our lives and those around does improve. Absolutely, there is the occasional jungle warfare of our character defects that remind us of the gifts we have to help us; the steps, our fearless sponsors, the sturdy and enduring fellowship of trusted friends we have found in recovery.

At this point the reader may be

thinking is this guy ever going to get to the point? Yes I will, but for me I work very hard to remain grateful for the small and big gifts that come with recovery. For example, remember your school loan, you know the one you believed that would never find you? In recovery you now face the task to pay those pesky devils every month, and also the patience and determination to investigate how to make payments within your budgetary means.

Now, what you may be asking is what did I really want to share with you besides these moments of only seeing 1 set of footsteps in the sand? I want to share my thanks, my thanks from me George to you Lord for the reminder that I still need to say good morning, and good night! Recently, I was invited by my family doctor to provide a stool sample, di you know you can do this mail away? Amazing right? . . . but then again how much glory is there to poop in the mail-away bucket? How impersonal is that? Seems so solitary and lonely without the drill sergeants nurse outside waited for your little gift in a plastic jar. It is even more solitary and lonely when an emailed lab report states that there is blood in the sample, and the dreaded "further investigation" is recommended.



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So take a deep breath George I tell myself! Follow the directions, do the steps necessary to prepare for a colonoscopy. (Now there is a story not worth sharing with you dear reader or my grandchildren!)

Yeah, yeah, yeah, so then after an interesting night reading every magazine I own the fateful day arrives. Go to the surgery center; surrender my shoes, socks, shirt, pants and my dignity and in return I get green non-slip socks and a green paisley gown that is too small, goes on backwards, and is open to unseen and unwelcome breezes.

Take a deep breath George . . . The surgery suite, the IV in my arm, the cold steel table . . . "Please roll over on your side Mr. Bair." A nurse gently commands me. The anesthesiologist dressed in a much nicer gown and hat than mine leans closer and tells me. "This is the special of the day, we call it the Michael Jackson trip!" and I fade from consciousness.

I wake up some short time later, feeling really, really strange. Holy cow, I am experiencing a drug hang-over, I feel anxious and concerned. To make the long story (I know too late now) shorter, I had forgotten how nasty and compelling the drug hangover is! It took about 24 long hours for my body to return to its alert, clean and sober state.

In a brief discussion with my spiritual sponsor, he lovingly teased me and suggested that I was out of practice. Ya know, I'll take out of practice and the love of my Higher Power over any drug experience!

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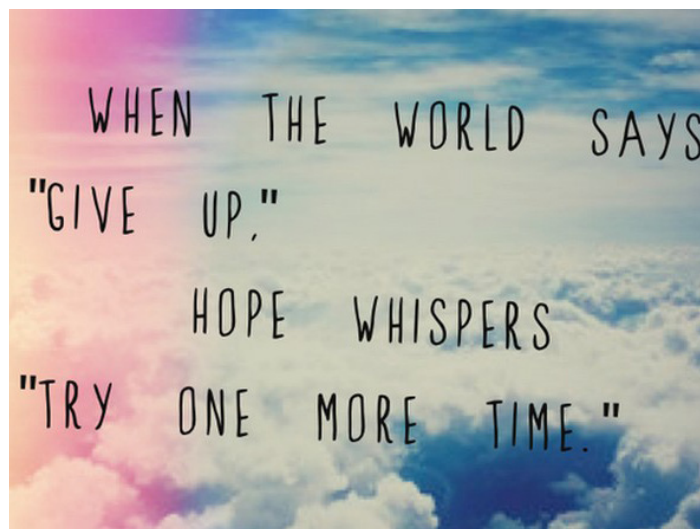
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# No Regrets

*By Anthony Acampora*



You may have heard the saying “What’s done is done.”

I know I have been told this often, during the most difficult times of my life. I am sure I deserved being bombarded with that phrase or similar ones. I lived in my thoughts for many years, continuously focusing on horrible situations. I realize now that talking about these situations repeatedly only made me feel worse! I was adding fuel to an already burning fire, turning it into an inferno with my own thoughts and words.

If you are experiencing a similar issue you may come to the same realization that “What’s done is not

done at all”. If we continue to bring up negative situations they can feel as real as they did when the event/s actually occurred. The past begins to consume your present moments. In my case I began to despise my own thoughts, as I knew they were destroying me. Yet I could not break the vicious cycle. That is not to say that we shouldn’t share our issues in addiction treatment during groups or individually with a therapist. This is paramount to recovery. I’m referencing the times when we are lying in bed each morning and night, thinking about what we should or could have done differently, meditating on past mistakes or missed

opportunities. One of the many Biblical passages that helped me overcome living in a state of regret was Romans 8:28 NKJV.

“And we know that God causes

everything to work together for the good of those who love God and are called according to His purpose for them.”

Upon reading this, it began to really speak to my heart and change my mindset. If He does everything for the greater good, then even though I made some really horrible decisions He still wants to use them, and us, for a greater purpose!

He wants to use these past mistakes and poor choices according to His purpose for them. Wow, that’s encouraging news! During the storms of life we may not realize how Romans 8:28 rings true, but when we move past those storms, from darkness into light, we then understand how God has turned a mess into our message!

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