

California Together

MAY IS MENTAL HEALTH MONTH

INSIDE THIS EDITION

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WORDS HAVE WEIGHT with LISA OVERTON

EVENTS CALENDAR /RESOURCES for RECOVERY

ESTABLISHED 2006

Southern California's Good News Newspaper

Vol. 4—No. 5 — May 2010

Sober Living Network

HAROLD HUGHES (1922-1996)

Father of the Alcohol and Drug Treatment Field

BY DEBORAH SMITH PARKER

In my job I do a lot of public speaking to those who provide and advocate for recovery support services. I often refer to Harold Hughes and people always ask, "Who is he?" So I thought it was time I formally introduced him.



Harold E. Hughes grew up without many advantages in rural Iowa and got an early start on his alcoholism which even resulted in him serving time on a southern chain gang. At age 30 he decided to end it all with his beloved shotgun (he was an avid hunter) but at the critical moment had a deep spiritual enlightenment which not only turned his life around but provided a solid foundation on which he based the rest of his life.

After he got sober his life began to gain traction, for Harold was a man who needed to accomplish things. He is the first known person to run for statewide office openly as a recovering alcoholic. In 1959 he was elected to the Iowa State Commerce Commission and from 1963 to 1968 he was governor of that state until elected to the United States Senate in 1968.

It was in the Senate that he pulled a real miracle thanks to a combination of brilliant strategy and sheer determination. He got the Senate leaders to have him chair a subcommittee on Alcoholism and Narcotics. In July of 1969 he convened hearings on the subject to begin forming a nationwide structure for funding and operating prevention, treatment and research. One of his key witnesses at the hearing was Bill W.

The results of that hearing were astounding—and quick! In 1970 the United States government launched the Comprehensive Alcohol Abuse and Alcoholism Prevention, Treatment, and Rehabilitation Act. This was the enabling legislation that funded all the state alcohol and drug authorities to set up publicly funded treatment and prevention activities in every state along with the National Institute on Alcohol Abuse and Alcoholism and the National Institute for Drug Abuse. When those were established, private health insurers followed suit and added coverage for treatment in the private sector.

It is no exaggeration to say that all those who got sober through both public and private treatment programs were able to do so because of Harold Hughes—so that's who he is!

Harold had a heart and soul as big as the outdoors he so loved. He had a voice like thunder and he swore like a sailor. He was hypnotizing and mesmerizing when he spoke as he filled a room with his vision and generosity of spirit. He words and energy clearly came from a very deep place, the kind of place in which newness and creativity are born. People wanted to follow him to bring the change he

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Wake-up America!

BY BARBARA SINOR, PhD

My son died last year of alcohol-related illnesses. His addiction story is not new or substantially different from the over 17 million other stories from the lives of those addicted to alcohol in America. Addicted or not, we all have stories to tell. Many recovering alcoholics are asked to write their inventory story while going through rehabilitation programs. These stories are sometimes called "drunk-alogs." They try to share only to fumble with words that scratch paper like chalk on a board from years past. Sometimes words come easy, flowing a river of grit and filth covering the pages black. They see only words, words mixed with the flavor of a whiskey-sour or the last pin-drop of vodka settling in an empty bottle next to a slip of dust. Words of truth swirl downward into a spiral dance with unrecognized poetry left for judgment. With no glimmer of hope to stay straight and sober, inventory stories read like buttons on a shirt, repetitious and dry. Given a year or two of sobriety and these same words can declare emotions of hope, guilt, remorse, and pain; they become the true stories of an alcoholic's life.

To begin writing an addiction story is like poking at the nerve of a hangnail—clipping it may begin a healing but you refrain because pain dictates your life. Each paragraph brings that pain to the surface to be held in awe-some awareness as you realize you have lived the words on the pages. It is often suggested to those early sobeers that it is "...important to reflect and learn why you chose to use or drink." Alas, such a shallow carrot to dangle! The newly sober have only empty words which spillover onto a blank page; but given six months or six years, these same words flow easily from mind to pen. They reach deep for chards of memories to fill their stories full of pitiful choices and past sagas of desperation and depression. Words then become a tool to unfolding the corners of life revealing potent visions and rhythmic tales.

We all have stories

Addicted or not, we all have stories to tell. We tell how our skin crawls at the slightest scent of cigarette smoke or our aversions to kissing a drunk. We tell where our choices took us or how our life was lived without us. Whether stories from alcoholics or straight-chaired grannies, words keep us searching for truth and in the end, guide us toward that Something More. Alcoholism is a wretched disease. It attacks all aspects of the soul; emotional, physical, psychological, and spiritual. Many times, if there is a firm spiritual belief (not necessarily religious) in place, the alcoholic can move into sobriety knowing he/she is forgiven for missing life's proverbial mark.

In my book *Tales of Addiction and Inspiration for Recovery*, over twenty individuals share their heart-wrenching pain as their words unfold tales of being addicted to drugs and/or alcohol, or the stories of those whose loved one's addiction caused much trauma and emotional pain for them. We cannot judge, we

cannot hide, but we can speak out about our life struggles with a disease that touches virtually every adult in America.

Startling Numbers

There are approximately twenty million people in our nation in recovery from a drug and/or alcohol addiction. There are also approximately 22.3 million people living with a substance dependence or abuse—that's about ten percent of our national population. This is a reality, not a viewpoint or someone's illusionary judgment. These figures are real. These lives are real: Over forty-two million individuals are struggling with a drug and/or alcohol addiction.

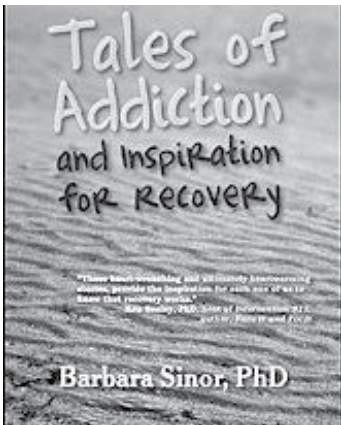
The how our nation became so entrapped in drugs is an easier answer than understanding why drugs are so desirable. The drug marketers, beginning with drug dealers on our streets to well-established doctors to the drug cartels in other countries, all contribute to the above figures and to making drugs readily accessible. Ask any child age twelve and older how to obtain prescription pills, dope, or heroin and they will tell you the name of a friend who bought some, or is selling it. No, it is not difficult to answer how our nation became so entrapped in drugs.

No, my son's alcohol addiction story is no different than the other 17 million individuals who are still living their alcoholic lives in pain and struggle. But, my son's addiction story may hit the nerve which cries out for America to wake-up to the fact that our kids drink alcohol. It is easily found or purchased by most eighteen-year-olds and is extremely available on college campuses. The perils of drinking alcohol in the early years instills the younger body-mind with a sense of non-reality and ensures clear decision making cannot be found. Their continuation of drinking alcohol guarantees a life riddled with dejection, depression, and sadness which accompanies that of an alcoholic.

Addiction in America can change

We all have the ability to re-direct our lives and our futures. It takes only one thought to change our direction from victim to victory. It takes only one thought to manifest a new reality filled with joy and compassion. As Chopra relates, "...it is possible to achieve the freedom to have any viewpoint you choose and therefore any reality. Once you return to this basic viewpoint, however, you will no longer see yourself as a passive victim of life—you stand at the very center of life and have the power to renew it at every moment." In an instant, with a new positive thought, in the blink of an eye, you can become a new person and help our nation's addicted population dissolve.

Are you ready to help change America's addiction to drugs and alcohol? Take a stand to make sure all the children in your care are



taught how to express their feelings, negative and positive. Share with them your experiences in learning how to grow in compassion for others and support their budding beliefs about their world. Learn about their desires, fears, and dreams by continually talking with them one-on-one. As they grow, answer their questions openly and thoughtfully. Teach them to become independent;

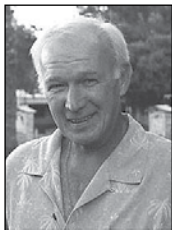
teach them to explore their outer world and their inner emotions. Allow them to laugh out loud, cry when they need, and seek information from others. Also, instruct them how to seek inner guidance and to listen to the small voice within them. If you can do all these things with all the children in your care, and if you can successfully complete all these things yourself, then perhaps, addiction in America will not continue to flourish.



Barbara Sinor, Ph.D. is a semi-retired psychospiritual therapist residing in northern California. Sinor is the author of five books. Excerpts from this article are taken from Sinor's most

recent book, *Tales of Addiction and Inspiration for Recovery*, was released in April coinciding with the National Alcohol Awareness Month. Author's web site: www.drsinor.com Blog: www.drsinor.blogspot.com.

In Memory of Bill Brown April 9, 1942-April 22, 2010



"I will always remember Bill Brown as being the consummate salesman and the ultimate supporter of recovery in all of its many manifestations. I met him about 5 or 6 years ago through common friends. It was he and his

wife and partner, Barbara Nicholson Brown, who gave me the unique opportunity to start up *California Together*, a recovery-oriented newspaper patterned closely after their own "good news newspaper," *Together Arizona*. With his help and guidance, *California Together* became a highly-respected newspaper in its own right, with a circulation of nearly 15,000 at its high point. We had circulation throughout the Southern half of California, from Santa Barbara to the Coachella Valley, LA, Inland Empire, Orange County, and San Diego County. Bill was always a gentleman and supporter who served as the quintessential example of how to do it right. Thank you, Bill, for being my friend and business partner. I will always remember you positively and fondly. I trust and know that you are now in a better place." — Dr. Steve Groth



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Sober Living from page 1

talked about. Congress did. But the people he wanted most to reach, alcoholics and drug addicts—his people—did not.

Still, it was his dream that recovering people in this nation would band together to get their state and federal governments to ensure that there were adequate services and fair policies for alcoholics and addicts, so he started the SOAR, the Society of Americans for Recovery. That's how I knew Harold. He recruited me to be on SOAR's board of directors.

Up until he died of emphysema in 1996, lack of community action by recovering people was his biggest disappointment. He was always bewildered that recovering people would not work together to be a political force. A few do, but most don't and more disappointingly—won't.

If ever there was a time that an organized voice for recovery services was needed

it is surely now. As individuals we don't have Harold's thunderous voice and power to get things done, but together we do. It's simply an extension of the 12th step. If we don't do it, who will?

Go to www.soberhousing.net for more information on how to get involved and to read Bill W.'s Senate testimony.

Deborah Parker is Project Director for the Solutions for Treatment Expansion Project (STEP) for Futures Associates, Inc. She has worked closely with the Southern California Sober Living Network and other providers of group homes to help them combat zoning and land use barriers created by their local governments. She can be reached at dparker@futuresassociates.org.



Words have Weight

By LISA E. OVERTON

When I was a kid, the adults in my life told me countless lies. Santa Claus, the Easter Bunny and the Tooth Fairy notwithstanding, the intent of the lies was not to harm me, but often they were an attempt to keep me on the straight and narrow. Was anyone else led to believe that if you swallowed watermelon seeds, plants would grow in your stomach?

When someone called me a name and I began to cry, they would console me by saying "Sticks and stones may break your bones but names will never hurt you." What we've learned to the contrary is that sticks and stones may hurt physically, but the wounds are usually temporary and with (and sometimes without) proper treatment, they eventually heal. But the emotional wounds caused by barbed words can leave lasting scars and become self-fulfilling prophecies. Think of the outcome when a parent tells a child "You're no good and you'll never amount to anything." Head on over to your nearest prison and take a poll of how many convicts were raised with that kind of condemnation.

Often information is passed on to others without concern for the consequences. People in treatment often hear predictions such as "Only one person in this room is going to remain clean and sober. The rest of you will fail." Perhaps this is said in the hopes that each person present will decide "I am going to be that one person." Treatment professionals sometimes forget that often they are dealing with a population which historically has little belief in their ability to succeed at anything. Statements like the foregoing are another lash of the whip that the person has been using to hit themselves with for a long time. Substance abusers regularly have little faith in their ability to stop using, and the use of discouraging statements is counterproductive.

One thing of which we can be certain is that words have power. A recent article in an ongoing series of essays on language referenced in an email from *Faces and Voices of Recovery* addresses the use of the words lapse and relapse in the addiction treatment profession.

In *"Lapse and Relapse: Is it time for new language?"* William L. White & Sadé Ali state that language has been used as a tool to continue to stigmatize and criminalize the problems faced by people with substance use disorders. They contend that the words lapse and relapse are rooted in moral and religious theories of alcohol and other drug problems and should be replaced with morally neutral and precise terms that are more appropriate.

"Language is important and words have power. Let us choose carefully."

White and Ali point out that in addiction treatment a patient can be discharged for having symptoms of the disorder. Imagine what would happen if a diabetic was refused insulin refills at the local pharmacy because he also attempted to purchase candy bars at the same time.

Recommendations are given for change. White and Ali suggest substituting Recovery Support programs for Relapse Prevention groups. Instead of using the word relapsed, we could say the patient resumed or reinitiated the use of the substance. In fact, the authors state that until someone is stable for at least 90 days in their recovery, any return to their former state is a continuation of the disorder, not a relapse. They emphasize that use of the adage "Relapse is part of the recovery process" should be discontinued. Relapse is a manifestation of the disorder, not the recovery process, they say.

The authors discuss how addiction and recovery are construed as binary states; that one is either 100% substance-free or they are not "clean." The pervasiveness of this idea is nowhere more evident than in Twelve-Step fellowships. One drink and the alcoholic is compelled to begin his sobriety count from zero, even if that alcoholic had decades of not drinking.

Addiction and Recovery can be viewed as stages on a continuum, White and Ali write, with problematic use and stability at either end, marked by a transitional zone between them. They emphasize that Recovery is a process, not an event.

The authors recommend the use of terms like wellness, global health, quality of life and meaning or purpose that would encompass all facets of a person's situation.

Language is important and words have power. Let us choose carefully.

Lisa Overton is a monthly contributor to California Together. She is a Board Member of A New PATH (Parents for Addiction Treatment and Healing). Email her at lisa@californiatogether.com.

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N·E·W·S·

Healthcare Reform Law Gives Big Boost to Addiction Treatment and Prevention

By Bob Curley, JoinTogether.org

Don't count addiction recovery advocates among those who see healthcare reform as 'Armageddon': the bill signed into law by President Obama on March 23 includes addiction and mental health services in its basic benefits package and is being broadly praised by treatment, prevention and recovery leaders.

According to an analysis from the Legal Action Center (LAC), the Patient Protection and Affordable Care Act (HR 3590) requires a basic benefit package for all health plans in the individual market and small-group markets. "All such plans will be required to cover mental health and substance use disorder services," according to LAC, which said the measure represents a "ground-breaking expansion of addiction and mental health coverage of prevention, treatment and recovery."

"When the law is fully implemented, 32 million Americans who are uninsured today will have access to health insurance coverage, including for addiction," according to Faces and Voices for Recovery. "The new law builds on the principle of equity for addiction with other health conditions in the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 and marks significant progress in making it possible for many more Americans to get the help they need to recover from addiction."

"Including addiction treatment in the basic benefit for all medical insurance is a major public-health achievement," added David Rosenbloom, Ph.D., director of Join Together. "Now we must turn our attention and advocacy to ensure that the promise is actually delivered in every community." The new law also:

- requires all group and individual plans to comply with the Wellstone/Domenici Parity Act, which requires that addiction and mental-health benefits be provided in the same way as all other covered medical and surgical benefits.
- expands Medicaid eligibility to all Americans up to 133 percent of federal poverty, and requires that all newly eligible parents and childless adults receive basic benefits, including parity addiction and mental-health services.
- creates a national prevention council with the director of the Office of National Drug Control Policy as a member and alcohol and other drug addictions listed as a national priority for that council's report to Congress.
- names behavioral-healthcare workers as a high priority in the bill's National Workforce Strategy section.
- lists addiction and mental-health providers as eligible for community health-team grants.

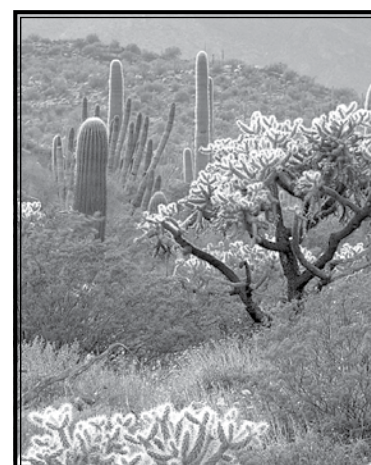
"National health reform fully embraces treatment for addiction and mental illness within medical care.

Our challenge will be to face this opportunity," said Eric Goplerud, Ph.D., head of the Center for Integrated Behavioral Health Policy at George Washington University. "Combined with parity, the workforce and health information technology resources from [the federal Recovery Act], the national health reform legislation sets the stage for prevention and treatment of addiction to become truly effective and truly part of the fabric of health and health care."

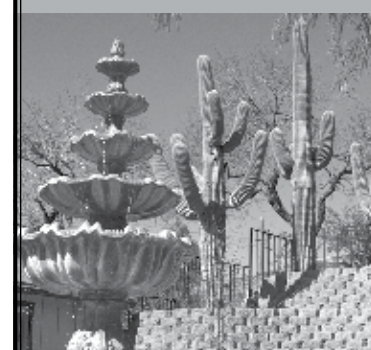


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Candy-Like Tobacco products' appeal to kids

A group of public health researchers is urging health authorities to examine whether certain new smokeless tobacco products should be regulated further in order to keep them out of children's hands, Dow Jones Newswires reported April 19.

Researchers led by Gregory Connolly, director of the tobacco control research program at the Harvard School of Public Health, suggested that public health authorities closely examine the new smokeless tobacco products such as Reynolds American Inc.'s Camel Orbs—candy-like pellets made of finely milled tobacco and containing nicotine -- to determine what type of regulation might be needed. Reynolds counters that its product is made for adults and that sales to children are already restricted. The company added that

Camel Orbs are delivered in child-resistant packaging. The research team published its comments online in the journal Pediatrics.

Ten Drug and Alcohol Policies That Will Save Lives

Community leaders across the country are grappling with problems caused by drug and alcohol use. Everyone wants to know: What really works? What public policies are most effective in preventing and treating these problems? How can we save lives? These questions are especially important for elected officials. Every candidate for public office ought to know there are better ways to prevent alcohol and drug problems than punishing people who have a disease. To download a copy visit <http://www.jointhetreatment.org/about-us/ourpublications/pdf/10policies.pdf>



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MAY 8—Hepatitis C Training, Presented by: John Madsen, CADC-II, ICADC. 9:00 a.m. to Noon; 3 CEU's. Community Recovery Resources, Lake of the Pine Office, Lake Center, Holiday Market Shopping Center, 11010 Combie Rd. Ste. 210. Auburn. \$20 RSVP: (530) 268-2356.

MAY 22, 9:00 a.m. to 4:00 p.m. **Big Book Workshop**. Open to all interested in improving their spirituality. Conference Room, 1400 Johnson Ave, Ste. 101, El Cajon. Speaker/Facilitator: Herb K. (Palos Verdes, Sponsored By: Saturday Eastlake Greens Attitude Adjustment Meeting (AA), Questions, Contact: Jane G. (619) 271-3063. Suggested donation \$5.00 to cover the expenses of handout and facility. Bring your own lunch.

MAY 28-30—Memorial Day Weekend —San Diego Narcotics Anonymous Convention XXV Milestone Year. Town and Country Resort and Convention Center, 500 Hotel Circle. More information www.sandiegona.org.

MAY 28-31—The 26th annual South Bay Roundup "Miracles Happen" at Torrance Marriott Hotel 3565 Fashion Way. Hotline: 310-354-7660. Web: www.southbayroundup.org.

Saturday, **JUNE 5**—Veteran's Village of San Diego (VVSD) will host "*Recovery's Got Talent*," from 10 a.m. - 6 p.m. Food will be available for purchase. Performers may sign up by May 21st. 4141 Pacific Highway, San Diego. Message/information: 619-393-2065.

NCADD San Diego Breakfast. 2nd Wed. of month. Sizzler Restaurant, I-15 & Aero Drive, San Diego, 8-9:30 a.m. CEU's. (www.ncadd-sd.net) 619-685-6335.

OC-SOBER LIVING COALITION—Rock Harbor Church, 345 Fischer Ave., Costa Mesa. East of 55 Freeway. Take Baker Street exit to Redhill Ave. to Fischer Lane. Grant McNiff 949-549-2954, Patricia Bintiff 714-549-5739.

California Association of Addiction Recovery Resources (CAARR). Social Model Recovery Systems (SMRS) CAARR trainings. www.socialmodel.com or margarete@socialmodel.com.

JUNE 15-17—The California Alcohol and Drug Program Statewide Conference 2010: "*Strongest Together: Building Quality Services During Challenging Times*" at the Radisson Hotel Sacramento. Visit www.cce.csus.edu/adp.

JUNE 19—Narcotics Anonymous North Coastal Activities Presents Beginning of Summer Beach Bash, 10 - 3:00 p.m. Tyson St. Park: Speaker Mtg. @ Noon (Bring your own chairs) Food: \$5.00 Plates (includes burger or hot dog, chips, soda) Questions

call Holly L. (760) 877-2816 Danielle R. (760) 755-4937

SUPPORT YOUTH AFLAME—12 STEP SUPPORT MEETING—Thursdays, 8:00 p.m. Meeting focus on issues relevant to Youth, Teens & Recovery. 6641 Killarney Avenue, Garden Grove. Call Bodhi: 714-786-8194 or 714-365-0503.

PANIC AND ANXIETY ANONYMOUS - Meets Monday Evenings, 7:00 to 8:30 p.m. 21515 Vanowen Street, Suite 114, Canoga Park, 91303. For information: 1-800-273-6463.

Fashion Valley Comprehensive Treatment Clinic presents Counselors in Recovery Support Group, Thurs., 5:30- 6:30 p.m. Weekly group for recovery professionals. 7020 Friars Rd, San Diego. Across from Macy's and Nordstrom's, Fashion Valley Mall next to Global Laser Vision. 619-718-9890 x 122.

ALL OF US OR NONE—Monthly meeting, 1-2:30 p.m. Guiding Light Church, 621 Brookhurst St. #114. Get involved to end discrimination against people with prior convictions. Rhonda 714-510-1536.

A STEP IN THE RIGHT DIRECTION—Luxury sober living home for women in beautiful Northridge. www.astepintherightdirection.com. Linda: 818-720-7075

CAME TO BELIEVE—A.A. meetings Thursdays 9:00-10:00 a.m. Venice Recovery Center. Meetings focus on issues relating to spirituality and recovery. 414 North Lincoln Blvd. Venice. North of Smart and Final, south of Rose Avenue.

DUAL RECOVERY ANONYMOUS (DRA) meeting. Thursdays 7:00 p.m. Veteran Rehab Clinic, 4141 Pacific Highway, San Diego. For more information call 619-497-0142.

COMEDY IN RECOVERY-EVERY FRIDAY NIGHT—9:30 p.m. following 8:00 p.m. CA meeting. Fountain Valley Alano Club, 16581 Brookhurst Street Fountain Valley. 714-839-5501. Free parking, show, prizes.

SUNDAY INSPIRATIONAL-4:00 p.m. Holy Ground Christian Fellowship, 7699 Ninth St., Buena Park. 714-736-9304 or www.holygroundchurch.org.

ALCOHOL & OTHER DRUG AWARENESS—Annenberg Center for Health Sciences, 39000 Bob Hope Drive, Rancho Mirage. 760-773-4342.

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Straight Talk *from the Doc*

By DR. STEPHEN GROTH

NTR - A unique natural detox method

Detoxification from drugs and alcohol has traditionally utilized safer replacement medications to gradually wean the drug-addicted pleasure center of the brain back to normal. This is both safe and predictable. However, time alone does not repair the changes very quickly. In fact, most addicts undergoing medical detox will find that they do not remember much if anything of the ensuing weeks and even months following medical detox. Repair of the drug-affected neuro-receptors and neurotransmitter pools takes much longer than ideal.

In the early 1980's, Dr. William Hitt, working in Mexico City with a 10,000-plus group of strictly alcoholics, found that a combination of naturally-occurring amino acids given repetitively over a minimum of 10 days accomplished 3 amazing things: 1) Elimination of drug cravings, 2) Much quicker return of lost cognitive function (days rather than weeks, months, even years), and 3) It could completely replace medical detox as a comfortable method of detox, replacing traditional medical detoxification if done at the time of acute detoxification.

Over the years, Dr. Hitt extrapolated his work with alcoholics to include those with essentially any addictive drug or combination of drugs. Included are protocols for Alcohol, Opiates/Sedatives/Benzodiazepines, and finally, stimulants such as cocaine and methamphetamine. NTR stands for "Neuro Transmitter Restoration", and can be thought of as a process where specially formulated naturally-occurring essential human amino acids stimulate the tissues of the brain's pleasure center (center where physical manifestations of addiction occur), to stimulate return to "normal", or, "the way it were before it were ever exposed to addictive substances".

NTR is not cheap, and costs anywhere from \$10,500 and down, depending upon special offered rates. Current specials at TRIAD are in the region of \$ 8,500 for a full 10-day treatment. Benzodiazepines and methadone are more resistant and typically require minimum of 15 days' treatment, pro-rated in terms of cost.

TRIAD has had a great experience in performing NTR under its licensee relationship with the Hitt Center. Benefits include performance of the treatment on American soil. Success rates as measured by continuous

elimination of drug cravings plus return of lost cognitive function are in the region of 70%. This compares to an approximately 20% continuous sobriety rate for those who finish the "finest" 30, 60, and 90 day traditional residential Drug and Alcohol treatment facilities. Accurate statistics are virtually impossible to track do to the nature of the population being treated.

Persons who stand to benefit the most from undergoing NTR are those who have tried and failed multiple times to get clean and sober, i.e., "chronic relapsers". Also included are those who prefer a "natural method" using only naturally-occurring human amino acids.

If you are interested in exploring the idea of doing NTR, contact TRIAD Treatment Center; we will be happy to discuss it with you further to determine if it is a good option for you.

Dr. Stephen Groth is a licensed physician in the State of California and serves as Executive Director of Operations and Medical Director of the TRIAD Treatment Center in San Juan Capistrano, CA. He is in recovery and writes about medical issues in drug and alcohol treatment, as well as within the context of recovery and overall well-being for the recovering addict. If you have a question for him, or an issue you would like addressed in these pages, please contact Dr. Groth at drsteve@triaddetox.com.

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for alcohol and drug addiction



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Our treatment provides the newly recovering alcoholic and addict with the clarity of mind to participate more effectively in group work and other rehab activities.

WHEN YOU NEED HELP

Provided as a service from California Together

—Orange County—

Adult Children of Alcoholics	714-549-5733
ADEPT	714-834-4058
Alcohol Drug Abuse Services	714-973-8186
Alcoholics Anonymous	714-556-4555
Alcoholics Recovery Meeting for Lesbians & Gay	714-534-0862
AIDS Response Program	714-534-0862
Al-Anon	714-748-1113
Battered Women's Helpline	714-891-8121
Cocaine Hotline	800-662-HELP
CODA	714-573-0174
Cocaine Abuse	714-647-6698
Cocaine Anonymous	949-650-1011
Food Addicts Anonymous	800-600-6028
Gamblers Anonymous	714-527-2251
Hispanic Alcoholism Services	714-531-4624
Narcotics Anonymous	714-590-2388
Nar-Anon	800-477-6291
Marijuana Anonymous	714-999-9409
Overeaters Anonymous	714-953-0900
Rape Crisis Hotline	714-957-2737

—San Diego—

Adult Children of Alcoholics	619- 287-7782
Alcoholics Anonymous	619- 265-8762
Al-Anon	619- 296-2666
Co-Dependents Anonymous	619- 222-1244
Compulsive Eaters	619- 543-8961
Gamblers Anonymous	619- 239-2911
MHS, INC.	858-573-2600
NCADD of San Diego	619- 685-6335

Narcotics Anonymous	619- 584-1007
Nicotine Anonymous	619- 682-7092
Rape Crisis	858- 272-1767
San Diego City Help	619- 491-1194
Sex Addicts Anonymous	760- 736-0644
San Diego Fellowship of Smart Recovery	619- 819-7740
Suicide/Crisis Intervention	858- 546-1100
	800- 479-3339

—Los Angeles County—

Adult Children of Alcoholics	310- 534-1815
Alcoholic Anonymous	323- 936-4343
Al-Anon/Alateen	818- 760-7122
Cocaine Anonymous	310- 216-4444
Crystal Meth Anonymous	213- 488-4455
Marijuana Anonymous	323-964-2370
Gamblers Anonymous	310- 478-2121
NA North. OC	818-773-9999
NA for S. OC	949- 661-6183
Overeater Anonymous	310- 473-5207
Battered Women Hotline	818- 887-6589
Rape Hotline	800-585-6231

—Inland Empire—

Alcoholics Anonymous	909- 825-4700
Cocaine Anonymous	909- 359-3895
Gamblers Anonymous	909- 424-5020
Marijuana Anonymous	626- 583-9582
NA WEST	909- 622-4274
NA FOOTHILLS	
English	909- 795-0464
Spanish:	888- 622-4672

Get Listed: info@californiatogether.com