

RECOVERY



FIGHT ADDICTION FUEL RECOVERY

HUDDLE UP

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feature articles

THE ZONE

**INDIVIDUAL
RECOVERY
PLAN**

**MY FIRST
SOBER DATE**

VOLUME 1 | ISSUE 1
www.davisdirection.org

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Cover Photography:
Kevin Harry Photography

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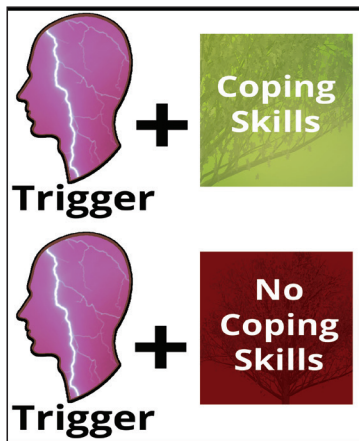


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GREETINGS!

LETTER *from the* PUBLISHER/ EDITOR

Welcome to the premier issue of Recovery Zone magazine. We are tremendously excited to present this quarterly publication to you and hope it provides you with everything you need to navigate, or help a loved one navigate, through the journey of Recovery from Substance Use Disorder(SUD). We will provide you with new trends, compelling content, thought provoking puzzles, inspiration, socialization, and lots of FUN to move forward with a new and exciting lifestyle.

The Recovery Zone will fill a severe service gap for people in Recovery. Far too long, people in Recovery have lived in the shadows of society unable to enjoy sober living due to the stigma of addiction. It's definitely time to celebrate Recovery and enjoy all the new and wonderful apps, events, recipes, comeback stories, blogs, and up to date information regarding legal, medical, corporate, and social issues relating to the recovery lifestyle. With over 25 million people in the nation in Recovery from SUD, and many more who support the recovery lifestyle, it's past time to have a publication that supports Recovery and highlights new and useful information that can make a difference.

THE DAVIS DIRECTION FOUNDATION, INC. WAS ESTABLISHED IN 2014 AFTER THE OVERDOSE DEATH OF OUR FIRSTBORN SON, DAVIS.

He was 20 years old at the time and there were little known after-care resources available to him upon his release from Rehab. He fought hard and tried his best to find his way into Recovery, but the lack of resources coupled with the vice grip of addiction that held on too tight, finally took his life. Since then, our family has done everything we can to make things different for those in Recovery. In 2016, we opened a Recovery Support Organization called "The Zone" in Marietta, GA, which has become a local, state, and National model of Recovery aftercare. It's now time to take



on a new venture and make our amazing model available in print for everyone to see just how incredibly rewarding a life in Recovery can be.

Please enjoy the pictures, the smiles, the successes, and the journeys of those who have come before you, alongside you, and those who will come after you, to experience life in recovery to the fullest.

As with anything new, we need your feedback and your input to move ahead strategically with the best publication possible. Please write to us at info@davisdirection.com and let us know how we can improve and support your journey of Recovery! Recovery is REAL!

BLESSINGS,

ACKNOWLEDGEMENTS

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You can donate to the David Direction Foundation at: www.davisdirection.org to help out mission to Fight Addition and Fuel Recovery.

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SHARING SERVICES foodboxes

How the community came together in the midst of Covid...

In 2020, a pandemic collided with an epidemic causing disastrous effects for an already vulnerable community, our community, the recovery community. Local non-profits and churches banded together in order to address expanded needs due to Covid. Our community was blessed enough to receive assistance from USDA farmers to families program, a federal program. Noonday Association of Churches, along with over 40 other churches and nonprofits, continue working together to get the food out to those in need weekly. The Davis Direction Foundation has been recipient of weekly pantry boxes which are given to people in recovery from Substance Use Disorder and their families. The Davis Direction Foundation acts as a good will ambassador distributing pantry boxes to other non-profits.

What have the food boxes meant to you?

"Sometimes my family would not be able to eat without them."

"They provide stability in an uncertain time."

"The food boxes have gotten me through times when I wasn't sure what I was going to do."

"They are amazing and it is such a help to the community."





RECOVERY SUPPORT the zone

The Davis Direction focuses on five areas:

1 RECOVERY

2 PREVENTION

3 EDUCATION

4 ADVOCACY

5 HARM REDUCTION

Have you ever wished you could broaden your social circles in a place that was guaranteed not to trip your triggers? A Country Club of Recovery? A pool hall without the smoking and drinking? A place where Recovery was number one and everyone was in support of, and cheering each other on, along the life or death journey of Recovery? Well, look no further, THE ZONE in Marietta, GA is just that and so much more.

THE ZONE is a 21,000 square foot Recovery Support Organization offering resources, connection, and services to people in Recovery from Substance Use Disorder. It was established by the Davis Direction Foundation Inc., in response to the overdose death of the Owen Family's oldest son, Davis. He was 20 years old when he lost his battle with addiction and it was then that the Owen family knew something had to be done.

Aftercare from addiction was basically non-existent in 2014 when Davis died. Aside from going to a scheduled meeting or meeting with a sponsor, there were very few resources and certainly very little sober fun to be had at any given time on any given day. This huge service gap became very apparent to the Owen family after Davis returned home from Rehab and had nowhere to go to build a sober network outside of 12- Step Recovery meetings.

The Davis Direction Foundation focuses on 5 areas: Recovery, Prevention, Education, Advocacy, and Harm Reduction. THE ZONE is where Recovery is found 365 days a year from 8:00 am until 10:00 pm. It is a place where people come to seek help for addiction or to connect with other like-minded individuals and practice active recovery. Whether it be attending any variety of scheduled recovery meetings, or playing a game of pool, simply reading a book in the Computer Lab and resource library or just chillin' in the game room, watching others play or having a conversation with a friend, there is something for everyone at THE ZONE. For an

entire year when we were searching for a building to become our Recovery Support Organization, our recovery group, made up of people in recovery and people who supported the Recovery lifestyle, came together to talk about what our establishment needed to offer. We wanted to make sure that THE ZONE was there for people who needed support and resources as well as connection to stay strong in their recovery journey.

The first month we started keeping records to be able to prove our worth in the community, we counted 372 visits to THE ZONE. Bear in mind these were not unique individuals, but many of the visits were repeat visits because THE ZONE had become a safe place for so many in recovery. Today we welcome over 5,000 visits any given month with an average of 275 being unique, first-time visitors. We have worked hard to build a community of recovery and not just a building for sober people to come and connect. It was our goal to teach the community about the disease of addiction and end the stigma that surrounded it.

We offer a variety of services at THE ZONE including job searches, housing searches, resume writing, and building social media platforms. We have a barber, a barista, an energy healer, a chiropractor, two certified addiction counselors, and four nationally certified recovery coaches. We offer quarterly training for others to become Nationally Designated Recovery Coaches as well. We offer quarterly training for others to become Nationally Designated Recovery Coaches as well. The ZONE continually asks our participants what they need in order to stay in recovery. If it is within our power to provide the reasonable asks, then we do just that. We've provided Bible study groups upon request, Uber rides upon request, virtual meetings and early morning meetings upon request. When Covid-19 hit, we expanded our services due to the increased need in our sober community and began serving



A BIG THANK YOU TO THE THE ZONE STAFF!

Pictured left to right

three meals a day, providing pantry boxes as well as homeless outreach services. We even began making house calls to those people who had recently overdosed, sharing hope and resources with them.

Our community in Cobb County, GA is one of the most understanding and giving communities in the country. Everyone is in agreement that together we are better, so we help take care of one another. The nonprofits work together to help each other and share resources in order to stretch our services. Nonprofit CEO's are on a "Continuum of Care" call each week sharing information that allows providers to make their needs known as well as their excess resources available to others who might need them. There is also a Food Distribution call each week and a food box pick-up for nonprofits serving those in need. All of these services are a coordinated effort of select nonprofits to make the most of available funding, resources, and services.

The Davis Direction Foundation works with the County Commissioners to provide education to parents who are seeking to help their teenagers steer clear from Substance Use Disorder by operating the C.O.P.E. House in Cobb County. The Cobb Opioid Prevention Effort operates out of a 27-foot trailer that has a teen's bedroom and



: Chelsea Cronin, King Nguyen, Sarah Mangold, Kenny Williams, Daniel Spinney, Missy Owen, Michael Owen, Erica Hurley, Brenda Evans, John Lowry, Brooke Nowicki, Justin Jackson, Allison Cooper, Holly Reynolds, Not pictured: Mark Lafond, Josh Brummitt, Patrick Johnson

bathroom set up inside with numerous hints of drug use if you know what you are looking for. A person in long-term recovery leads the tour teaching parents the warning signs and the objects, signs, and symbols to look for to determine if their teen is headed in the wrong direction. We also work with the public and private schools to bring our K-12 Danger Zone Curriculum into the classroom as a preventative tool, keeping kids of all ages safe from harm, and teaching them how to get help for family members who may be suffering from drug use. We provide the schools with Naloxone training and Naloxone in case there is a need to use this overdose reversal medication onsite.

When THE ZONE opened in 2016, there was nothing like it. Many people leaving rehab or incarceration had to go back to the same people, place and things that had proven to be a problem for them in the first place. They were getting pulled back into the same lifestyles and addiction cycles, ending up back in the rehabs and jails. THE ZONE opened up a whole new lifestyle and safe place to come home to, in order to actively practice recovery and build a sober network. The growth that we were seeing month over month helped us realize that people needed a place to call home in recovery and THE ZONE provided that place.



In 2018, we decided to try and become more self-sufficient through sustaining our own existence. We opened a Thrift Store and a Coffee Shop. We put people in early recovery back to work in a safe environment where they could catch a meeting in between shifts or on lunch hours. Each employee felt safe and supported as they worked hard to build their lives back to pre-addiction status and become productive members of society. Our efforts paid off in multiple ways. First off, our employees were in a safe and supportive place where they could thrive while learning a point of sale system that was used widely throughout the country. They could position themselves for a retail job anywhere in the United States. Secondly, we were bringing in funding to support our own mission and vision. Our donors had options as far as how they supported us. If they did not have extra money to send to us, they could give us their donations of gently used furniture and clothes. It gave them the opportunity to contribute to a great cause. And finally, it gave us a platform to teach the community about the disease of Addiction. We were able to talk to them about how every dollar that was made in the Thrift Store was used to support the Recovery Center, and that often began a conversation about Addiction and Recovery allowing us the opportunity to explain our cause to the community. In 2019 we were fortunate enough to open a second store with more upscale furniture

called the Re-Zoned Boutique. We are on target to raise 300K this year which will all go directly back into the Recovery Support Organization to Fight Addiction and Fuel Recovery.

We continue to evaluate our successes and failures so that we can continue to change in a way that is most supportive to our participants. We constantly ask people who come to THE ZONE what they need and how we can help them achieve their goals. Realizing that there are no acceptable losses, we will do whatever it takes to ensure that everyone who seeks our services has been matched up with the ultimate programs. We will be here for as long as it takes to help those who are not in a position to help themselves. We will hold their hands, protect their hearts, feed their souls, pray with them, and fight for them until everyone who needs us has been given the best we have to offer. We will stop at nothing as we Fight Addiction and Fuel Recovery in the best interest of all who seek a better way of life. Godspeed on this journey!

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770.693.5982 | info@theddfzone.com



REPLICATION TOOLKIT

The Zone Replication Toolkit is here and available for purchase!

Inside you will find everything you need to create your own Recovery Support Organization and Build a Recovery Community.

INCLUDED:

- USB Drive with all necessary documents to get you started
 - Heroin is Killing Our Children book by CEO Missy Owen
 - Testify book by local people in Recovery
 - The DDF Big Book with step by step instructions for building your own Recovery Support Organization
 - Personal Consulting Services
-

*for more information and to order yours:
<https://buildingcommunitiesofrecovery.org/replication-toolkit-pre-order/>*

MY FIRST sober date

BY: JEFF L.

Looking back on the memory of my first sober date, the one thing that stands out to me is that it was so long ago. It seems like I was someone else, and I guess it comes down to the fact that I was! My first date was actually a double date, and I was with the wrong girl. She and I both knew it. She was with my friend and Sponsee, and I was with another girl. My friend never got over the fact that I snaked his date, but like the expression goes... "All is fair in love and war."

I'm not sure who coined that expression but I'm pretty sure it was Dr. Ruth. We had all met in AA that year and we were all in relatively early sobriety. I was living in my sister's condominium and we all went there after a meeting. My sister left us all to be cozy in front of her fireplace. As the night went on, everyone enjoyed this intimate evening, however uncomfortable it was for me and my friend's date. When the night came to a close, I offered to drop the girls off at their cars, which happened to be back at the AA clubhouse parking lot. We had signaled each other to let the wrong girl leave, which left us alone looking at the beautiful full moon. You know how you can build something up to be so monumental in your mind, and then when you take action you wonder why you were worried in the first place. I am referring to my nerve-racking fear about wanting to kiss her. WOW, I was freaking out! We sat in my truck and talked for a while all the time I'm wondering if I had something stuck in my teeth like a big old piece of spinach, even though I hadn't eaten any spinach that evening.

Well, the moment drew near – Marvin Gaye playing on the CD, my legs shaking uncontrollably, and then BOOM – She kissed me!!! Suddenly, all my fears, inhibitions, and nervousness were swept away. I had forgotten the fact that this was my first sober moment with a woman... much like riding a bicycle (another Dr. Ruth expression). I think probably not; however, that night was the beginning of a three year relationship and a proposal because... Dr. Ruth said in three years you must have a ring and a date set. When I told her this, she said well, "It's only been two years," but she still said yes and we were soon married. Although we are not still married, we are good friends today and she is the mother of my youngest child who is my 16-year-old baby girl. They moved to Amelia Island a few years ago and my son and I recently traveled there and spent a few days. During our visit my ex-wife and I even attended an AA meeting at the Amelia Island Club.

So far, we have all lived happily ever after...

P.S. – A few words concerning what my sponsor shared with me about this whole ordeal.

I asked him what he thought about me dating newcomer women. I asked him should I stay away from the newcomer women, and his response was an overwhelming "Hell NO!" "If you don't get with them, they might wind up with the sickest SOB in the rooms." I liked that answer. I asked him about making romantic advances and again his response was overwhelming... He said, "Son, you can't get to third base if you don't get ON base!". He was a wise man.



COUNTDOWN to yum



CHICKEN ENCHILADAS

16 ounce container of sour cream
2 cups of shredded chicken
1 cup of shredded Mexican mixed cheese
16 ounce jar of thick and chunky salsa divided
2 tablespoons of cilantro (optional)
12 flour tortillas

Directions:

1. Mix one cup of sour cream, chicken, 1 cup of cheese, and $\frac{3}{4}$ of salsa, and cilantro optional.
2. Spoon about a quarter cup of the chicken mixture into the center of the tortilla, roll, place seam side down in 13x9 baking dish, top with remaining salsa and cover.
3. Bake at 350 degrees for 30 minutes, sprinkle with remaining cheese, bake an additional five minutes or until cheese is melted, and top with optional ingredients such as sour cream, salsa, lettuce, tortilla strips, and cilantro.

DUMP CAKE

1 can of cherry pie filling
1 can of crushed pineapple (undrained)
1 yellow cake mix
 $\frac{3}{4}$ cup of chopped butter
1 cup of pecans

Place all ingredients, in order listed, in a 9x13 greased cake pan and cook at 325 degrees for 1 hour.

Enjoy!



GROUND YOURSELF with yoga

If you have been in an addiction treatment program of any kind, you probably noticed it incorporated a yoga element at some level. There is a reason for this. Addiction can be described as separation. Separation from self, family and the community. Yoga means Union, or to yoke. It is a tool designed to bring us back into the right alignment with something bigger than ourselves. Sound familiar? Sounds very much like the purpose of working a 12 Step program. I bet you did not know that there is an international program called Y12SR (Yoga of 12 Step Recovery) that brings a perfect blend between the somatic (body) healing of a yoga practice together with the cognitive approach of the 12 step meetings together, in one meeting. Combining both the body and the mind has been found an effective model to approach addiction and has been effective as a relapse prevention program not only in the US, but worldwide.

Y12SR recognizes that the issues live in our tissues. This means that the trauma we endure in our early life and in addiction is stored in our body. This trauma will still continue to manifest itself unless we take the time to process the emotions (emotions=energy in motion) that are now stuck in the body creating a response or thought pattern to emerge in our perspective. Often times people who are now engaged in healing from addiction have a history of past trauma from family of origin or simply trauma from experiences in life which they were unprepared to process emotionally. A regular space in which to practice moving the body, centering, grounding and becoming aware of thoughts has been shown as an effective mindfulness technique that allows an individual to recognize patterns that no longer serve their well-being or are no longer valid and useful in creating a new way of living.

Y12SR provides an opportunity to expand the circle of likeminded individuals seeking to heal. It is expansive and widens the circle of sober friends beyond the program of AA or NA to include friends from other fellowships. Doing this allows recognition and empathy with the common struggle of being human that exists in us all, widening the circle of friends with the common goal of healing. Y12SR is the perfect tool to add to any program of recovery. It is all inclusive-including self care for the body and for the mind - Happy Healing!



INTERVENTIONIST complexity

BY: HEATHER HAYES

As an internationally certified hostage negotiator, I am trained to handle life-or-death situations. Crisis intervention and management can be a minefield for friends and family dealing with a loved one in need of help because the future is always uncertain. Watching a loved one experience substance use, mental health crisis, or an eating disorder is traumatic for families and loved ones, who often find themselves powerlessly watching from afar.

My work as an interventionist directly parallels my work as a hostage negotiator. However, in an intervention, I empower people to save their own lives.

There are two styles of interventions: surprise and by invitation. While many interventions devolve into ambushes, this should never be the case.

The interventions that I lead are ideally transparent and by invitation. No matter which model I use, the process is warm, loving, respectful, and focused on the person's and loved ones' strengths and resiliency in order to promote and maintain long-term change.

Unfortunately, there are occasions when a surprise intervention becomes necessary, particularly when safety is an issue, such as with domestic violence, a teen running away, or when the person who is suffering from addiction or mental health issues is hurting herself or someone else.

These cases entail a formal, structured meeting led by a qualified counselor or professional interventionist, most often at the request of a family member or friend of the individual in crisis.

Substance use, mental health conditions, and eating disorders affect all age ranges, and we work with teens as well as older adults. We consider the merits of each situation, and our practice revolves around our ethos that one life lost is too many. We often travel to carry out interventions, and they can be conducted in someone's house or another neutral, safe space.

In an intervention, it is important to assure the person struggling that this process is being done out of concern for their wellbeing. Interventions can be even more difficult than a hostage situation, as there is more complexity, more denial, impaired brain chemistry, and complicated family dynamics.

When we carry out the intervention, we will have already completed the steps necessary to get them help because you can't afford to wait around in life or death situations.



We will have identified a treatment center that will best meet their needs and established how we can help them travel there.

With all of these steps in place, the only thing left to do is help the family persuade the person of concern to accept our offer of help. It is a balancing act to remain respectful and not shame someone while moving them toward getting the help they need to overcome their condition.

When a person's brain chemistry is impaired, it is nearly impossible for them to have the clarity to decide to change their life. This is why intervening is so important. It allows a person to enter treatment where their brain chemistry can stabilize while they are learning non-chemical coping skills that will allow them to make better decisions about their health and the trajectory of their life. Because Substance Use Disorder and mental health issues impact everyone in the family, all members need support, education, and counseling to help them learn better self-care and new ways of interacting with their loved one.

“In an intervention, I empower people to save their own lives.”

COVID-19 strategies

In 2020 the heroin epidemic and the COVID-19 pandemic collided. The Recovery Community needed help and the Davis Direction Foundation responded in the form of **Constructing **O**ur **V**irtual **I**nspirational **D**irection- **19** different ways and posting the episodes online.**

In response to the self-care episode, the Davis Direction Foundation received more interest in the acupuncture information than any other topic. The Davis Direction Foundation discovered during the series that acupuncture has been around for thousands of years and can be effective with treating a very broad variety of health issues.

Acupuncture is widely used in conjunction with other substance use disorder treatment strategies.

When the whole world had to isolate, the Davis Direction Foundation had a decision to make. The Recovery Community needed something virtual, that would also encourage action in response to the virus. The COVID-19 series was the response. The Davis Direction Foundation came up with 19 strategies to share. Hours were spent researching strategies to deliver the most up to date and relevant information to the Recovery Community and produced bi-weekly episodes to get the valuable information out to the community.

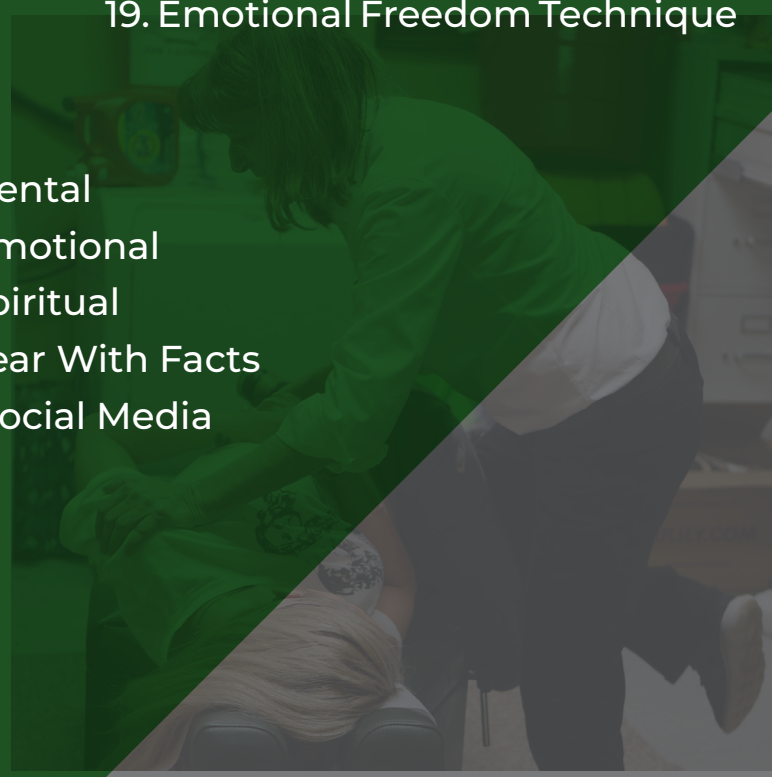
**“The strategies
helped me to
stay sane during
this crazy time”
-Lynn**



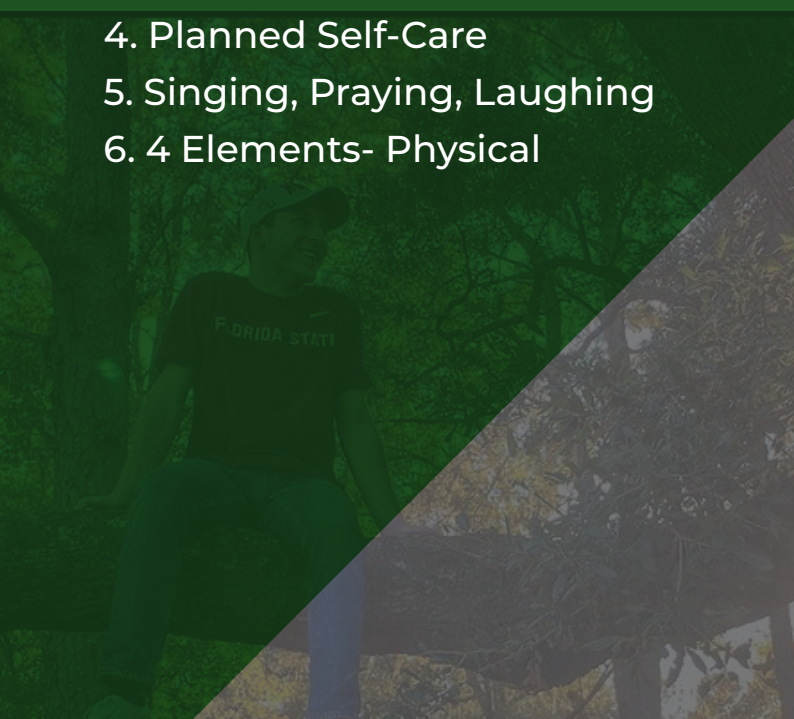
- 13. Reach Out to Others
- 14. Sober Leisure
- 15. Pick Up a Hobby/Skill
- 16. Time Management
- 17. SMART Goals
- 18. Holistic Improvement
- 19. Emotional Freedom Technique



- 7. 4 Elements- Mental
- 8. 4 Elements- Emotional
- 9. 4 Elements- Spiritual
- 10. Addressing Fear With Facts
- 11. Join Positive Social Media
- 12. Visit Family



- 1. Connection
- 2. Contingency Plans
- 3. Volunteering/Service Work
- 4. Planned Self-Care
- 5. Singing, Praying, Laughing
- 6. 4 Elements- Physical



PRODIGAL parent



“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.” Isaiah 43:18-19 NIV

That day in early February a few years ago - when you arrived at rehab - you didn't want to be there. You didn't want to stay, and you wanted to leave - but you didn't. Your confidence was shaken, and you were very sick, angry and scared. You were afraid of what you didn't know about the future.

Your family was there, and as we left, we stood in a circle outside the building, held hands, and prayed for you, and for us all to see God's glory. As we left, we wept. There was nothing else we could do. There are times when only life can teach us. Failure isn't declared until we quit, and I'm glad you didn't quit.

We were scared too. You were in a distant place that we didn't understand. We did what families and true friends do. Watching my children grieve is the worst thing I've gone through as a father. On that day along with many days that followed, we needed restoration and hope – something new.

Let's acknowledge that we are all prodigals. Yes, me included. The story in Luke 15 is a story about all of us. The son went away to a distant place and ultimately made the decision to return home. The father was waiting with open arms, forgiveness, and love. The story is about a homecoming and a choice.

The good news here is that the younger son in Luke 15 made the decision to come home. The father in the story represents God, our Creator who made us – in detail and on purpose. We are all grateful you came home. The son who went his own way and failed represents all of us. Jesus always handled broken and misguided people graciously and with a view toward their restoration. He noticed the blind guy sitting in the dirt, the prostitute next to a well, the dishonest tax collector sitting in a tree, many others - and us.

Do you remember the time a big wave way down the beach caused me to lose my glasses? I couldn't see. You were about four or five years old and walked alone quite a distance to get help as I sat in the sand. In a way, I was blind, and you helped me see. I needed a restoring act of love and you provided it.

I'll have to admit that your struggle has had an impact upon my spiritual life. I have a deeper understanding of grace, forgiveness, and empathy. I appreciate nature, which is all about renewal and moving from one season to another. While you were at rehab, I noticed a tree outside my office window. It was late February that year and the tree looked dead. It was just bare limbs as winter was about to transition into spring. Blooms slowly emerged from those barren limbs and then flowers. I noticed the transformation and delivered a picture of the blooms and a story as we sat on a bench one day in front of the rehab facility. In short, my message was that there can be life and beauty after all this barrenness - there's hope.

Everything that's happened in your life up until now has been research and development. That is, you have learned that some things worked, and some things didn't work. This is true for all of us. The past is locked and over, and the future lies ahead. The bloom on the tree encouraged me when I first noticed it, and now year after year is a reminder that renewal can happen, and our future should always be bigger than our past.

Your Creator loves you - and so do I, *Dad*



Re-Zoned Thrift Store and Boutique

We are open Monday through Saturday from 9AM- 6PM!

This business supports Davis Direction Foundation and the Zone, a Recovery Support Organization.

Call us at (470) 392- 9023
or visit us at

44 N. Fairground Street NE | Marietta, GA 30060

LEARNING HOW TO budget

BY: MICHAEL OWEN

Unfortunately, there are a lot of things we only learn through the school of real life after we go out into the real world to carve a living. Learning how to manage your money after getting a job can be a real eye opener for some of us and a seemingly never-ending cycle of psychological ups and downs. As we grow in our skills and income and just when we think we are about to get ahead, more responsibilities and expenses, whether planned or not, creep into our life, leaving us with a feeling of “never being able to get ahead.” And so the cycle goes.

The good news is we can properly plan and help eliminate some of the stressors we feel with money. When it comes to money, no-one likes surprises. Surprises leave us bereft of feeling prepared, even if we can or cannot meet our obligations. I cannot stress enough how mentally important planning can be for your daily outlook and future. Budgeting has gotten somewhat of a bad rep over the years, leaving some with a freedom restrictive feeling in their daily lives. However, if done properly, it is exactly the opposite. Budgeting is freedom, helping you look ahead and be emphatic about your life decisions and choices.



Before we look at the plethora of tools available to you for budgeting, let's review some basic tips:

- 1. BE HONEST.** Yes I know that sounds simple and obvious, but even professional major league players need to be reminded to keep their weight back while batting. Honestly looking at your money situation codified can be a real eye opener.
- 2. YOU DECIDE HOW MANY MONTHS TO PLAN.** Remember not all expenses in your life are created equal; auto insurance may come annually, quarterly, or monthly, electricity bills may spike in the summer, medical bills may be right around the corner.
- 3. START WITH NON-NEGOTIABLE ITEMS FIRST.** Rent, car payments, utilities, loan payments, etc.. and then work your way to discretionary/variable type next (groceries, gas, clothing, hobbies, etc). One good habit you will want to learn is redefining saving for yourself as non-negotiable. Is not that one of the primary objectives we would like to achieve with the budget?
- 4. LEARN TO PAY OFF DEBT IN YOUR BUDGET PLANS.** Being heavily in debt is a form of slavery, both mentally and talent wise. Nothing is more exasperating than constantly working for the master, instead of yourself. Debt in a lot of ways can be a good thing, but each person and circumstances are different, and one must be able to assess the type debt and ultimately how it is going to be retired.
- 5. DO NOT BE AFRAID TO TRIM ITEMS OUT OF YOUR BUDGET.** Dining out less often or forgoing that new pair of shoes you have wanted for so long, may not make sense given your situation. Ask yourself what possible harm it may do to wait a while longer.

LEARNING HOW TO budget

6. USE CASH OR DEBIT CARDS WHERE POSSIBLE. Avoid credit cards for your everyday expenses.

7. MEASURE YOUR PROGRESS. I call this looking at your variances each month, comparing what you budgeted to what you spend. This is extremely vital in the learning process and makes you wiser about planning and your forward-looking decisions.

I must admit I am an Excel spreadsheet freak. There is something beautiful about having a blank math canvas right in front of you, just like Leonardo da Vinci with a painter's canvas waiting for another magnum opus. However, these days there are plenty of well-developed apps to help with budgeting. As a matter of fact, depending on one's situation, there are a multitude to explore:

Great Overall Budgeting App: Mint | **Best to Keep from Overspending:** PocketGuard

Best for A-Type Personalities: You Need a Budget | **Cash Type Budgeting:** Mvelopes

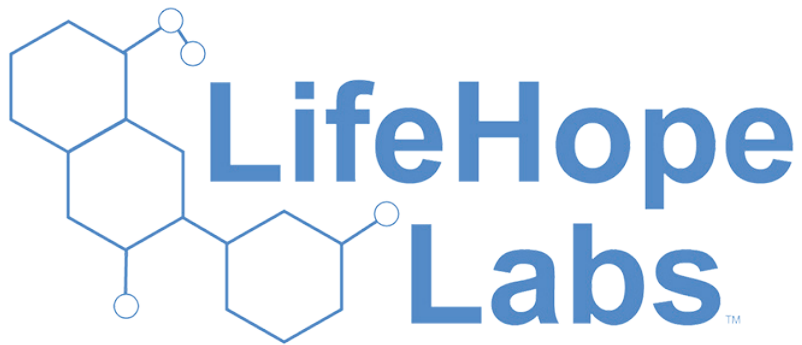
For Couples: Goodbudget | **Good Old Fashion Budgeting:** Wally

Let's look at a sample budget you can start with.

- Always pay yourself first
- Pay bills on time to protect your credit scores
- Make sacrifices where necessary

And there you have a simple way to plan and be more confident around the execution of your plans.

Month of May					
<u>Income</u>	Budget	Actuals	Over / (Under)	Comments	
Take Home Pay	\$ 2,200	\$ 2,200	\$ -	No change in hours this month	
Lawn Mowing	\$ 100	\$ 50	\$ (50)	1 Lawn vs 2	
Misc	\$ -	\$ -	\$ -		
Total Income	\$ 2,300	\$ 2,250	\$ (50)		
<u>Expenses</u>					
Savings for Me	\$ 100	\$ 100	\$ -	Where to save	
Rent	\$ 750	\$ 750	\$ -		
Electricity	\$ 202	\$ 225	\$ 23	Hotter Temp	
City Water	\$ 35	\$ 45	\$ 10		
Cable	\$ 75	\$ 75	\$ -		
Gas	\$ 65	\$ 45	\$ (20)		
Auto Insurance	\$ 100	\$ 100	\$ -		
Credit Card	\$ 50	\$ 55	\$ 5		
Groceries	\$ 200	\$ 185	\$ (15)	1 less trip	
Clothing	\$ 50	\$ 60	\$ 10	New work clothes	
Daycare	\$ 400	\$ 400	\$ -	No change	
Medical	\$ 20	\$ -	\$ (20)	No medical	
Incidentals	\$ 65	\$ -	\$ (65)		
Discretionary	\$ 75	\$ 60	\$ (15)		
Total Expense	\$ 2,187	\$ 2,100	\$ (87)		
Net	\$ 113	\$ 150	\$ 37	Decisions on Saving	



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LABORATORY SCIENCE

supporting recovery

BY: DON BOGUE

Supporting individuals struggling with drug addiction has become even more challenging owing to a host of sophisticated products designed to help them persist in their drug abuse by beating drug screens. Consequently, rehabilitation programs release addicts from care or transition them to lower levels of treatment intensity thinking they are clean on the basis of “false negative” drug screens that have been spiked with chemical agents. At the same time, physicians regularly prescribe medications, which are subject to abuse, relying on drug tests that have been chemically altered to produce “false positives,” indicating an individual’s use of a drug at clinically appropriate levels.

Take a moment and search the phrase “how to cheat a drug screen”. You will find over 11 million search returns. One of the biggest cheats is the invention of synthetic urine. Synthetic urine owes its existence to a scientist named Freidrick Wohler, who accidentally created synthetic urea while working with ammonium cyanate. Today, synthetic urea is used to create fake urine for drug tests. The makers do their best to replicate human urine, down to the odor, color, pH balance, temperature and even density. The market for fake urine has grown to over \$1 billion dollars annually and can be found with just a few strokes of a keyboard.

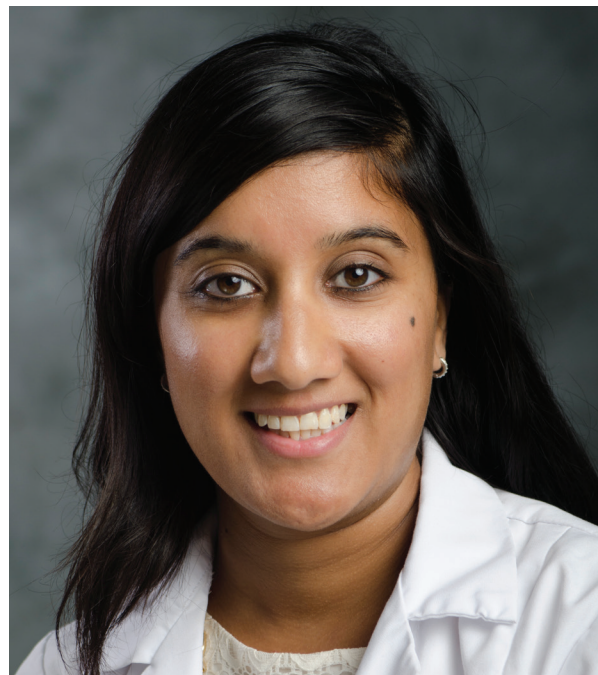
Unfortunately, on the other side of the equation, with rising healthcare costs, decreased reimbursement, and slowly evolving science, the good guys cannot afford to invest in new ways to beat the cheaters- until now. A group of scientists have now created a new method for detecting synthetic urine. These scientists have developed an efficient, low-cost test panel for use on standard high-speed immunoassay laboratory analyzers. This development provides physicians, employers, criminal justice courts, child protection agencies, and treatment programs with a new way of validating specimen integrity. They can now order a validity test that will detect counterfeit urine and oxidant history.

This breakthrough is an important tool for anyone focused on helping addicts. This technology promotes healthy treatment outcomes and is a welcomed advancement to help curb addiction’s impact on public safety, families, and our community. It also supports the criminal justice system in holding people accountable for making the wrong decision, as well as aiding physicians that are trying their best to treat patients with honor and compassion. Additionally, this technology supports treatment programs so that they may release addicts with the best opportunity to stay sober.





Arin Swerlick, M.D.
Emory Healthcare



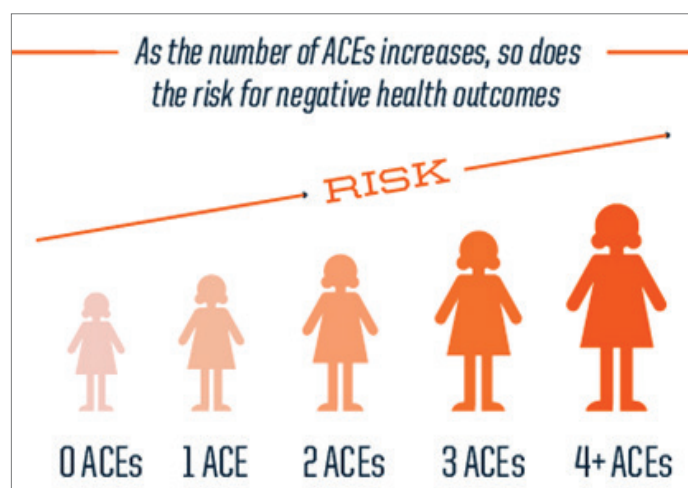
Binny Chokshi, M.D.
Children's National

While not everyone struggling with a substance use disorder has a history of trauma, for many processing and healing from traumatic experiences of the past is an important part of recovery. Over the past few decades, research has shed light on the link between childhood trauma and substance use. This not only provides understanding for those in recovery, but also provides hope for how to help prevent future addiction in our children.

In the late 1990s, Kaiser Permanente and the CDC conducted a joint research project looking at the link between traumatic experiences in childhood and health outcomes in adulthood. These experiences, referred to as adverse childhood experiences or ACEs, include three categories of childhood trauma: abuse, neglect, and household dysfunction. In a population of majority white, college educated, and privately insured individuals, nearly two thirds of the 17,000 participants had at least one ACE. And this is likely an underestimation of the amount of trauma experienced given that the 10 ACEs surveyed are not an extensive list and do not include common traumatic experiences such as death of a family member, racism, or neighborhood violence.

In addition to ACEs being common, the study also showed a dose dependent association between ACEs and poor health outcomes in adulthood including diabetes, heart disease, cancer, depression and alcohol use disorder. As the number of ACEs a person reported increased, so too did their risk of health conditions and early death. When the researchers looked specifically at substance use and ACEs, they found that compared to those with no ACEs, those with five or more were 9 times more likely to have used illicit drugs before the age of 14 and 7 times more likely to have substance use disorder.

Subsequent research has shown that the mechanism for these ill health effects is intense, prolonged activation of the body's stress response system. While the stress response can be protective (i.e. when being chased by a bear), when activated at a high level or for an extended period of time (i.e. when the bear lives in your home), this leads to toxic stress. Toxic stress is harmful to the body. It negatively affects the brain's ability to process emotion and memory, focus, learn and control impulses. It also alters the hormone signals the brain sends to the

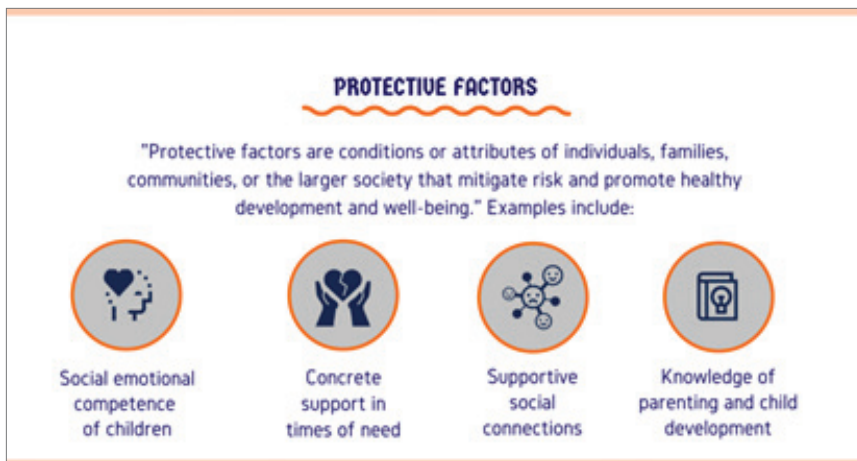
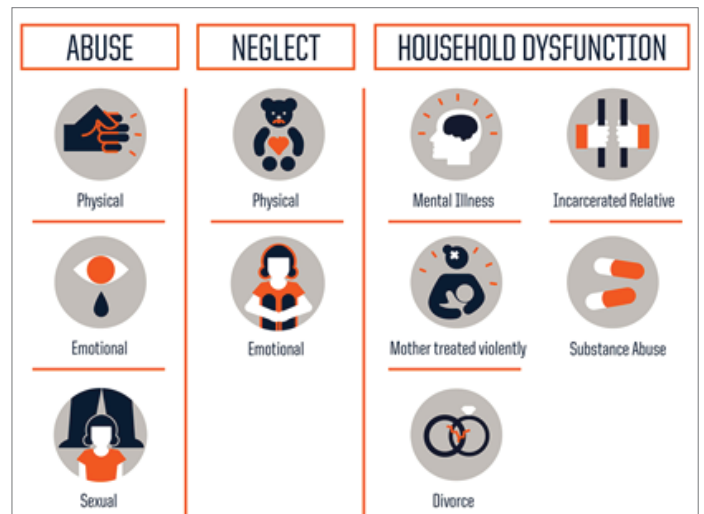


rest of the body. This leads to increased inflammation and decreased immune response making people more prone to illness, autoimmune and cardiovascular disease. Importantly, while the original study linked ACEs to adult health outcomes, further research has shown that the ill health effects of adversity and subsequent toxic stress can manifest in childhood and adolescence.

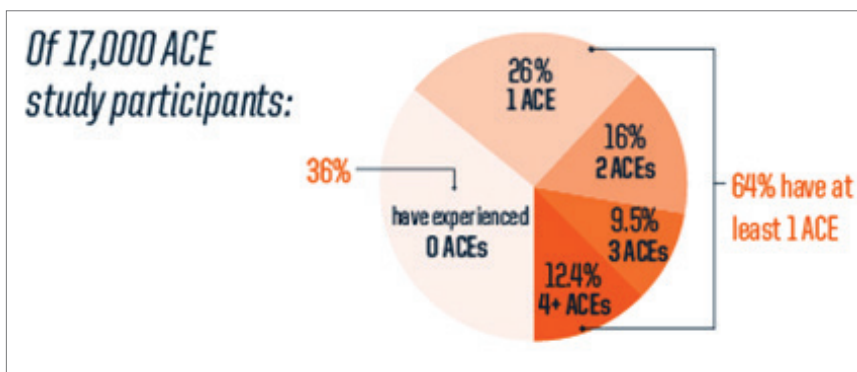
- **MEDICAL PREVENTION** -

So, if there are predictable negative effects of ACEs on health starting in childhood, how do we protect our children knowing most will experience trauma before the age of 18? Luckily, there is also a growing body of research on the protective factors that mitigate toxic stress and its effects on the body. Research shows that positive childhood experiences (PCEs) are as powerful as ACEs. PCEs include community participation, friend support, family closeness, and connection to school. By increasing one's resilience, PCEs provide children with safe, stable and nurturing environments and relationships that help them process adversity and continue to function and thrive both physically and mentally. Similar to ACEs, research shows that as one's number of PCEs increases, their risk of poor mental and physical health outcomes such as teen pregnancy and depression in adulthood decrease.

Interventions on both an individual and systems level can both decrease one's ACEs and increase one's PCEs. This in turn can help reduce the risk of substance use initiation



and addiction. For those who have already experienced childhood trauma and are starting to experience the effects of toxic stress, it is not too late to intervene. ACEs are not destiny. When parents, friends, medical providers and others in a child's life can recognize that trauma is playing a role in their health and behavior, targeted interventions can help their body heal from toxic stress and not carry its effects into adulthood.



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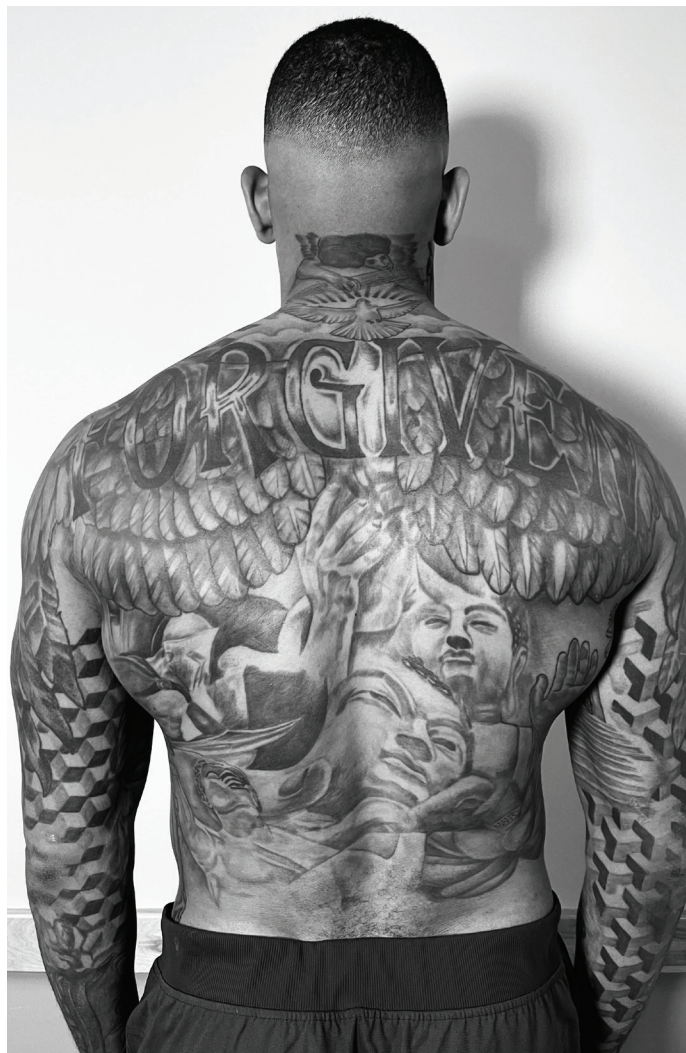
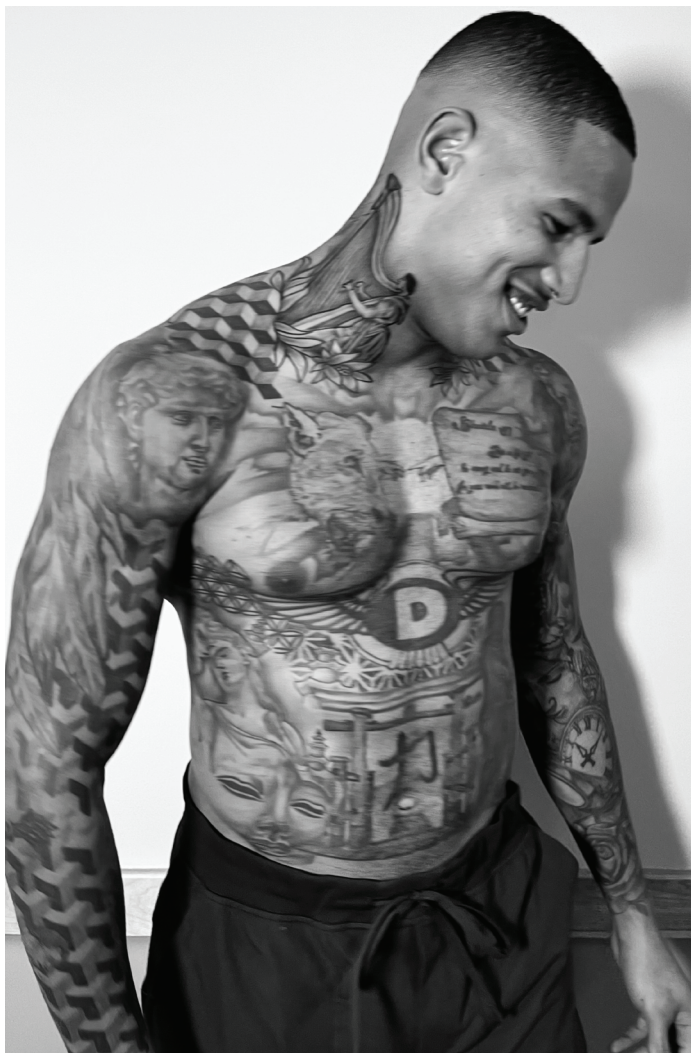
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“This symbolizes for me, the journey I was on coming back to the league and trying to rebuild my life.” - Darren Waller.

I have an hourglass on my left side and it is set up like a tree. Tree trunks are on the outside of it, but on the inside, where the sand is going down, it's growing roots. On the bottom where the sand fills up, there's a tree that comes up. This symbolizes for me, the journey I was on coming back to the league and trying to rebuild my life. I felt like roots had to grow first and establish the foundation.

Most people aren't going to see the thing growing inside of me first, but, over time, they will see me changing and becoming better. It took three years for people to watch the football journey and realize that it was taking off. Those roots had to grow in order for people to see the final product. If I would have had the attitude of "screw this" and pulled that seed out before the tree started growing, then people wouldn't be able to hear my story and be inspired. So, that tattoo means a lot to me. It's just deeper than you know. I got deep tattoos, but that's probably the one that hits home the most.

Tattoo Artist: InkbyKali

JOSH BRUMMITT

Two Worlds

I am a person in long-term recovery. I have been on my recovery journey for over 9 months. I was in active addiction for 18 years, and my life was a seemingly endless cycle of drug use and despair.

Now that I have found recovery, I found joy, inner peace, and confidence. I found my recovery at The Zone. I have built my sober network, support system, and I found my tribe at The Zone. My painting is called *Two Worlds* because addiction and recovery are night and day.



CAROL VANCIL

Sink or Swim

My name is Carol Vancil, and I have been on my recovery journey for over four months. Recovery has given me support, fellowship, and hope. I have found my recovery family at The Zone, and I am extremely grateful for this place. Today, I love myself and I have a purpose in life, which is helping others.

I help others by volunteering my time at The Zone. My artwork is called *Sink or Swim* because I truly believe without my recovery I would surely drown.

EVAN SMITH

Mysterious Masquerade

I am 33 years old and I am from Aurora, Colorado. I have been on my recovery journey for 3 ½ years. I have always loved art, and I have been painting and sketching since I can remember. Art is a big part of my self-care; it allows me to express myself and it gives me a therapeutic way to cope with the real world. The piece I have done for this magazine is called *Mysterious Masquerade*.

I chose to create this piece because recovery allows me to take my mask off and be authentic with myself and my recovery.



LESSONS FOR LIFE

healthy habits

In order to lead others, it is best to learn to lead ourselves first. And, to lead ourselves, we must know ourselves. It is often said that without our health nothing else matters and I believe this to be true, so let us start by looking at a few elements of solid basic HEALTHY Habits.

Once we confirm we have the basics in place... we can go onto next steps. But, as in all areas of life, first things first!

H

Heart health via exercise, gratitude and giving. Preferably moving 30 minutes a day outside in sunshine; gratitude journaling and giving to others – a handwritten note, voice or video call.

E

Eat thoughtfully. Apply the Japanese Hara Hachi Bu approach of eating until you are 80% full and increase your veggie intake.

A

Attention and Attitude. Is the glass ½ full, ½ empty, or 100% full of air and liquid? “What we pay attention to becomes our subjective reality” reflects renowned psychologist, Angela Duckworth. Pay attention to your attitude and fill your mind with positivity to enhance your wellbeing and mind set.

L

Laughter is STILL the best medicine. We need laughter as it can improve our immune system. Add in an hour + of PLAY each day to get your game on and make someone laugh!

T

Turn it off! Turn off electronics and practice winding your mind down if not off. Prayer, meditation, yoga, tai chi – all are excellent ways to train the brain and reduce noise which reduces anxiety and stress. Remember, turn electronics off the last hour before bed as the blue light from electronics can interrupt the sleep cycle.

H

Hydrate with eight, 8 oz glasses of water a day. There's little that can go wrong with this routine and SO many benefits. Our minds are sharper and our skin brighter when hydrated.

Y

Yes to sleep! Bedtime is personal preference; however, with today's intensity, 8 hours of sleep are recommended to help combat stress, anxiety and boost the immune system. Naps are a go to these days. Note 2-3 pm and ideally 27 minutes long is the recipe for the perfect nap per Daniel Pink.



Leadership Lessons for Life

by Kathy Gingrich Lubbers, SOaL Coach and Consultant

Now that I have shared the basic HEALTHY Habits, it's up to you to "score" yourself and decide what areas might need a bit more attention to be your best self.

If you know sleeping through the night is an issue, spend a little time focusing on your "Sleep Hygiene" aka your evening routine of shutting off electronics an hour in advance of bed and making sure your bedroom temperature is low and the room dark.

If water intake is low, set a goal and track your 8 glasses of water each day knowing your brain works more clearly and your body function improves overall.

EVERYONE NEEDS A CHEERLEADER; A COACH; A MENTOR IN LIFE TO REMIND US TO PRACTICE THE BASICS EACH AND EVERY DAY BEFORE WE STEP UP TO THE BIGGER GOALS IN LIFE. NOTE TO SELF, CONCERT PIANISTS PLAY THEIR SCALES TO WARMUP BEFORE PERFORMING; GOLFERS HIT PRACTICE BALLS ON THE RANGE AND THE GREENS PRIOR TO THEIR ROUND; PROFESSIONAL SPEAKERS PRACTICE THEIR SPEECH IN FRONT OF THE MIRROR BEFORE STEPPING ON STAGE.

Making time and space to practice the basics in life is a way to reinforce and support the rest of your life. A solid foundation is where we want to build our dreams... our mansion. And a solid foundation with basic HEALTHY Habits is a great place to begin leading ourselves in order to eventually lead others.

ADDICTION

my journey

BY: PAUL B.

MEDICATION ASSISTED TREATMENT (MAT) is a controversial topic in the recovery community today. If you walk into any 12 step group and ask the people there what their thoughts are on MAT you are bound to hear a large range of vastly different opinions. Ask the same question in the medical community and you will be surprised at the differences in ideology when it comes to the use of medicine to treat people who suffer with chronic substance abuse disorders. As a person who has battled with addiction my entire adult life, my attitude towards MAT has gone from being strictly against to an eventual acceptance and appreciation of medication for chronic substance abuse. For many others like myself who have gone through the repeating cycle of treatment and relapse, **MAT HAS OFTEN BEEN THE KEY COMPONENT IN FINALLY BREAKING THAT CYCLE OF MISERY.**

The first time I entered treatment I was 17 years old. Unfortunately for me it would be far from my last. Through countless stints at detox centers and long-term rehab programs I learned a whole lot about abstinence and recovery. I saw the damage and devastation caused by myself and others as a direct result of our addictions. Every time I was in treatment, I swore to myself that I would never use drugs again. I felt so terrible and ashamed of all the things that I did while I was in active addiction. After the intense mental and physical pain of opioid detox had subsided I would dive headfirst into therapy and twelve step groups in an attempt to find out how to stop using. After the typical 30 – 90 days of inpatient care I would emerge back into the world with a sincere desire to make amends with the ones I had hurt and finally live a good life.

YET FOR SOME REASON THAT I COULDN'T SEEM TO PUT MY FINGER ON I ALWAYS WOUND UP BACK ON THE STREETS WITH A NEEDLE IN MY ARM.

It made no sense! I always knew when I relapsed that I was making a huge mistake, yet for some reason I felt unable to do anything different. I eventually learned that chronic use of opioids

causes long lasting changes in the brain. I had bombarded my nervous system with hard drugs for so long that I was unable to experience real pleasure without them.

WHILE PRACTICING ABSTINENCE I WOULD SINK INTO A DEEP AND DARK DEPRESSION THAT WAS CAUSED BY CHEMICAL IMBALANCES IN MY BODY.

These chemical imbalances can last long after a person has stopped using opioids. The symptoms they cause are often referred to as PAWS or Post Acute Withdrawal Syndrome. This is basically the second stage of detox that happens after the first, more intense acute withdrawal has subsided. During this stage the brain is in the process of recalibrating after long term active addiction. While the symptoms of PAWS are less intense than acute withdrawal, they typically last much longer and slowly dissipate over time. Common symptoms include depression, anxiety, insomnia, fatigue, poor impulse control, impaired concentration, drug cravings, and apathy. PAWS is known to last one to two years depending on the severity and length of active addiction. I was frequently told that things would get better as long as I stayed clean and allowed my brain time to heal. The problem was that this was much easier said than done.

HOW WAS I SUPPOSED TO STAY CLEAN FOR 2 YEARS WHEN I WAS SO DEPRESSED AND LETHARGIC, I COULD BARELY MAKE IT 3 MONTHS?

I had heard of MAT from people that I knew from my time of active using. One detox that I went to prescribed Suboxone for 3 days in order to ease the intensity of the initial physical withdrawals. I even had a longtime friend that was on Suboxone and had over 5 years clean. Suboxone is one of only a few medications that are FDA approved for the treatment of opioid abuse. The medication is used as a replacement for strong opioids like oxycodone and heroin. It binds to the same receptors in the brain as these drugs which results in the halt of mild to moderate withdrawal symptoms without

the euphoric high that accompanies recreational opioids. Unfortunately, pharmaceuticals like Suboxone have been demonized and dismissed by many people in the recovery community.

I HAD BEEN TOLD TIME AND AGAIN THAT MAT WAS JUST REPLACING ONE DRUG WITH ANOTHER. Some people even said that they didn't consider people on Suboxone as being truly clean. This stigma kept me from giving MAT a chance even though I kept on failing and relapsing.

Eventually I realized that my life was more important than the opinions of other people. I was so tired of having nothing and being unable to live a normal life. The fact was that whatever I had been doing wasn't working for me. It was time for me to try something different, and I am

so glad that I did. MAT gave me a chance to work on myself and live without recreational drugs for an extended period of time. During that time, I have built a life that I can actually be proud of. I finally know how to hold a job and take care of my responsibilities. MAT gave me the time to grow and mature into a healthy adult. I have 3 years clean and am still going strong. My journey has been long and hard, but I consider myself blessed to have come out the other end alive and healthy. Long term sobriety was something that seemed impossible and out of reach all those years ago. I know that other people still feel that way today. If what you have been doing isn't working, then you owe it to yourself to try something different. Reach out to someone today and just don't give up.



“I have 3 years clean and am still going strong. My journey has been long and hard, but I consider myself blessed to have come out the other end alive and healthy.”



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QUESTIONS?

ask the coaches



SARAH MANGOLD, Recovery Coach
CAC 1, CES 1, EAS 1, ARBS 1



JUSTIN JACKSON, Recovery Coach
CAC1, CES 1, EAS 1, ARBS 1

I know that my recovery journey is mine alone; however, my parents want to jump in and rescue me and enable me as opposed to empowering me. How can I help them understand?

Desperation can often times be a gift. Ultimately it may be difficult for them to understand if they have not experienced addiction first hand. However, suggesting Al-anon meetings or some other family support meetings may be helpful. Also fellowshipping with other parents of addicts can be crucial as they share experience, strength, and hope. You could also invite them to a recovery coaching session. Open communication is the key; however, understand this may not be easy at first.

I am a Medically Assisted Treatment patient; some fellowships are not as accepting of me as others. How do I find my pathway to recovery?

There are numerous pathways and fellowships in recovery. Trying different meetings may be helpful. Stay true to yourself by knowing that your pathway is your own and therefore it is up to you to decide what resonates for you.

When I was in active addiction, I didn't have a relationship with my son. I haven't seen him for 12 years and I want to get back into his life. I have been in recovery for over a year now. How do I do this?

Lead with an olive branch. As people in recovery, we have left a long and selfish path of destruction in our wake, so there is no way to heal that overnight. Time can often make things better, sometimes quickly, sometimes slowly. It is important to remember that we can initiate the contact, but it is up to those we have impacted when they are ready to explore forgiveness.



“I have so much more confidence and I can walk with my head held high.”

Nothing is more exciting than the very first visit to a professional salon. Many first timers are wee children getting their first haircuts and the mama’s getting to keep a clip of their precious hair, but for Allison Cooper, that trip came much later. Allison began her Recovery journey a year ago this month, and is currently a participant in Accountability Court on drug charges. Upon graduation, her charges will fall off and she will continue to live a drug free life with her three young boys.

This special treat from Salon Silhouette, in Kennesaw, GA, came as a gift from longtime supporter and hairdresser, Shideh Parsa. Shideh, a 31-year owner/operator, has been a supporter of the Davis Direction Foundation and THE ZONE since the inception in 2014, and loves to help people in Recovery. Shideh sees her work as a way to worship God and considered treating Allison a true blessing.

The consultation began with a series of questions asking, “How would you like to see yourself?” Allison replied,

“Just natural with no brassiness.” After a lengthy verbal exchange and many pictures and hair swatches later, Allison was going to be transformed from a golden blonde with dark roots to more of a natural blonde with a violet based, glaze creating a cooler hue. The dead ends would be trimmed off leaving the length so she could continue to pull her hair up into a ponytail. After an Olaplex oil treatment to repair and rebuild the bonds of the hair, Allison left the salon with a beautiful foliage showing off fun and natural beachy curls!

After the hair was styled, curled and fluffed, it was time for make-up and wardrobe. Enter freelance makeup artist, and Licensed Master Cosmetologist, Rachel Fant, who was ready to complete the transformation.

Rachel likes to begin makeup with the eyes; her goal with Allison was smoky, but natural, an everyday glam kind of look. Rachel likes to cut fake eyelashes in half and start with the outer corner and work her way in. “It just doesn’t look natural to have all those lashes at the inside corner of the eye.” The finishing touches include the magic powder, otherwise known as Nyx highlighter. “It always adds life and light to the face.”

With makeup complete, it was time to turn attention to the wardrobe and the final phase of our makeover. Rachel wanted to go for a professional look; one that was somewhat out of Allison’s comfort zone. A beautiful, colorful straight skirt, just below the knee was chosen as a focal point for the outfit combining it with a black blouse

- **MAKEOVER** OF THE MONTH -



and black blazer. No professional outfit is complete without a traditional pair of pumps and colorful accessories. Rachel chose the aqua handbag to bring out the aqua in the skirt. The necklace brought color up into the top half of the outfit blending the color throughout. Rachel Fant can be located at Big Shanty Barber Shop in Kennesaw, GA

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Big Shanty Barber Shop Info:

2893 N Main St, Kennesaw, GA 30144
Monday-Friday 7AM-6PM
Saturday 7AM-2PM
770-421-0441

MORE BANG FOR YOUR buck

BY: CHELSEA CRONIN

SHOPPING IS HARD. Lets face it, budgeting isn't always easy. Whether you are shopping for groceries, cleaning supplies, home essentials, clothing or some things that you just plain want to buy, we always want the best deal we can get- right? Here are some tips for a more frugal lifestyle.

- **USE CASH.** Shopping with cards is quick and easy – yes – but one of the best ways to trick yourself into saving money is bringing your budget in cash.
- **DO NOT BUY PRE PACKAGED ITEMS IN PRODUCE.** You will pay for packaging, added preserving chemicals and potentially lose nutritional value. Chop them yourself and they will last longer.
- **DOWNLOAD THE STORE APP.** You will find digital coupons or sales that you may not be aware of.
- **USE YOUR STUDENT DISCOUNTS.** Tons of stores have discounts for students , ranging from 10 to 20 percent. All you need is a valid student ID!
- **ASK ABOUT PRICE MATCHING.** If you're shopping for a pair of nice headphones or a new phone, many places will match the lowest price for an item. Just pull up the item on your phone from another store, show them the lower price, and they'll match it on the spot.
- **LOOK FOR USED FIRST.** If you need something, see if someone you know has one that they don't use or need anymore. Send out an email to family or friends, or just ask around. You might be surprised. Look to buy used, at garage sales or thrift shops. You can find a bargain if you look around.
- **EAT OUT LESS.** One of the biggest expenses in our daily lives is eating out. It's much cheaper to cook your own food. Create a weekly menu and cook dinner (and lunch) each evening.
- **STOP ONLINE IMPULSE BUYS.** I used to buy online a couple of times a week. Now I buy maybe once every couple of months. Online buying can be way too easy (you don't even have to go to a store) and therefore, we make too many impulse buys.
- **USE THE LIBRARY .** Instead of buying books, check them out.
- **COMMUTE BY BIKE.** Even if you own a car, commuting by bike will save you gas, and get you in shape at the same time.
- **WALK.** Often we drive to the corner store, or to a school that's less than a mile away. Leave a few minutes early, walk, burn some calories, and save gas.
- **DRINK WATER.** Often we drink lots of calories through sodas, coffee, juices, tea, etc. Drink water, save money, save calories.
- **GAME NIGHT.** Board games, cards or puzzles. These are inexpensive ways to pass an evening with friends and family. You can find lots of used games at yard sales and thrift stores.



APPS FOR THE asking

AA 12 STEP TOOLKIT RECOVERY BOX

This app encompasses EVERYTHING within AA that you would normally have to carry around multiple pieces of literature for. For a newcomer, this app will put all the literature and prayers that are referenced in meetings right at their fingertips. There is a feature for all the readings from meetings, the prayers, sober time counter, sponsee management, moral/on awakening/nightly inventories, gratitude lists, journals and even a link to the AA website for the AA Daily Reflection. What more could you ask for in an app to get you started on your recovery journey?

The app even adds a section for other “companion” apps that fill other facets of the recovery process. The only real shortcoming of this app is the ads. All in all, it received 4 out of 5 doves.



HAZELDEN TWENTY-FOUR HOURS A DAY

This app is completely free. To begin with, it's very simple and opens right up to the devotional for the day. However, it is not limited to just that day. It has a search feature and a calendar for you to pick which day and which devotional you would like to read, if you want to go back for a review, or just need a little more inspiration from the future. If you find something you resonate with, just hit the star in the top right corner and it will be saved to your favorites to draw inspiration from later.

The app even accommodates readers that may have trouble seeing text on a phone and allows for larger font. As far as companion app goes, we are giving this app a 5 out of 5 doves. It does exactly as advertised with no pop ups.



THE DAVIS DIRECTION FOUNDATION PRESENTS

BEYOND THE END ZONE 2021



DAVIS DIRECTION
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Saturday June 26th

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AND PUNT

THE TRIPLE
OPTION

With NFL Superstar

DARREN WALLER



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DARREN WALLER AND MISSY AT "MY CAUSE MY CLEATS"

2019

DARREN WALLER

huddle up

BY: DARREN WALLER & CHELSEA OWEN

Las Vegas Raider #83, Darren Waller, HOMETOWN HERO!!! Have you ever looked around at the people you grew up with and wondered, "Which one of my friends will become famous?" Who would have thought that a young boy, out of Acworth, GA, would have grown up to be a stellar athlete, GA Tech wide receiver to NFL Tight End Superstar, and Pro Bowl athlete 2020? Darren Waller grew up in a normal, middle class family, with a Mom and Dad who cared very much about him. They provided opportunities for him to play team sports of all kinds: baseball, basketball, and football. Truth is, he could have probably made it to the pro level in any one of those sports, but he chose football. It wasn't an easy journey for him, but not for the reason or reasons you may think. Addiction got in the way.

Darren has given us an exclusive interview regarding his life and his journey from addiction to recovery. He takes great pride in sharing his journey with anyone who can gain from it and many have done just that. He leads virtual recovery meetings for the NFL and he does not hold back if he thinks someone can gain from his testimony. He has a special relationship with the Davis Direction Foundation (DDF) and THE ZONE in Marietta, GA. He grew up playing travel baseball with Davis Owen, who lost his battle with addiction in 2014 at the age of 20. Darren chose to represent the DDF in the My Cause My Cleats game in 2019 and first told his story publicly at THE ZONE. Darren holds a special place in our hearts, and we are humbled and honored that he chose to grant us this interview in our Premiere Edition of the Recovery Zone magazine. Chelsea Owen, Davis's sister, interviewed Darren for the magazine. Chelsea was a Georgia Tech cheerleader and cheered Darren on while he was playing at Georgia Tech!

"I had to get people's attention and their approval, but that wasn't working; I was addicted to that before I ever tried any drugs."

C: Darren we are so excited to have you here for this interview of the first volume and first issue of the Recovery Zone magazine, so thank you for joining us. You have had many firsts this year: you've had your first year in the Pro Bowl, your first year with the Las Vegas Raiders, your first year with the Darren Waller Foundation, and you are the first person to ever receive the Craig Long Award twice. Congratulations, what a year! I remember when you were here sharing your story for the first time at The Zone in front of a crowd that was incredibly captivated the entire time. You were so vulnerable and yet so willing to share. Your transparency into the world of Recovery has been so inspiring on so many different levels, especially to those of us who have teamed up to Fight Addiction and Fuel Recovery. Again, we are excited to have you here for our first interview and first cover for the Recovery Zone magazine, thanks for joining us.

D: Thank you for having me, it means a lot.

C: It is amazing what Recovery has allowed you to do and accomplish over the past couple of years. Can you give us a brief overview of the timeline from middle school into most recently so that we can understand your background and what propelled you into addiction?

D: Middle school for me was a rough time. You can ask my parents, they were getting phone calls from the principal's office once a week, it was rough. I felt like I didn't fit in with people my age. It started with the kids I made friends with early on in my neighborhood playing outside. They just happened to be white. People that looked like me were saying I wasn't black enough or I wasn't this, I wasn't that, and it made me feel like I wasn't enough from very early on. When I got into high school, I had always been good at sports, but I was riding the bench of the freshman team. I was getting hurt, and people were cracking jokes on me because I always had to have a cast on. That was the one thing that I thought, I had to get people's attention and their approval, but that wasn't working; I was addicted to that before I ever tried any drugs. When I was 15, I remember some friends I had at the time, put oxycodone pills in front of me and said, "try this, it'll make you feel good". When that friend told me I was going to feel good...I thought, I haven't felt good in a long time. I'm 15 years old, and I am gonna try it, and from there it was like, BOOM! I didn't know I would be hooked that quick. It just ramped up that quickly, and it started with pills, turned



into weed, then turned into alcohol, and it lasted all the way through high school. I got arrested my junior year, and I got kicked off the basketball team for something I did while I was high and drunk. I was okay with that. It was cool that I got arrested because it gave me some kind of street cred. Going into college I failed a whole bunch of drug tests, and I should have gotten kicked out of school. It was bad. Blacking out regularly, mixing all kinds of drugs, it just got out of control. The thing that hurt the most was I didn't have any kind of relationship with friends. That had me feeling isolated and alone. I didn't have any kind of meaning, any kind of purpose. That continued going into the NFL. I got drafted. Whereas everybody else was cheering, I felt like, "screw this. I would rather quit. I don't even really want to be here."

I got hurt early my rookie year. Because I was not taking care of my body. It was like I was not really part of the team, and there again was that isolating component. Then the next year I was suspended the last four games of the season. Then the following year I was suspended the whole season. The downward spiral continued. I went to rehab kind of against my will, kicking and screaming a little bit. Once my parents broke down my family history, I started to understand. I went to rehab for a month. It was a life changing experience. I started to go to recovery meetings and it took off from there. I started working at Sprouts Farmers Market to add some structure in my day and get back to working hard at something. I felt that was a very valuable, humbling experience for me. I got reinstated to go back to Baltimore. I saw they drafted some young guys to go in for my position. I figured that my time was up. They cut me - WOW, this story isn't going how I thought it would. I was on the practice squad for ten weeks, and with that you don't take yourself so seriously. You just know, I am here to get better, I am here to serve. In the meantime, if I can do my thing against the number one defense in the league everyday at practice, then I know if another opportunity comes, I will be ready. The week I was down the most, the Raiders played the Ravens. The Raider's coaches found me working out before the game and they just signed me on the spot.

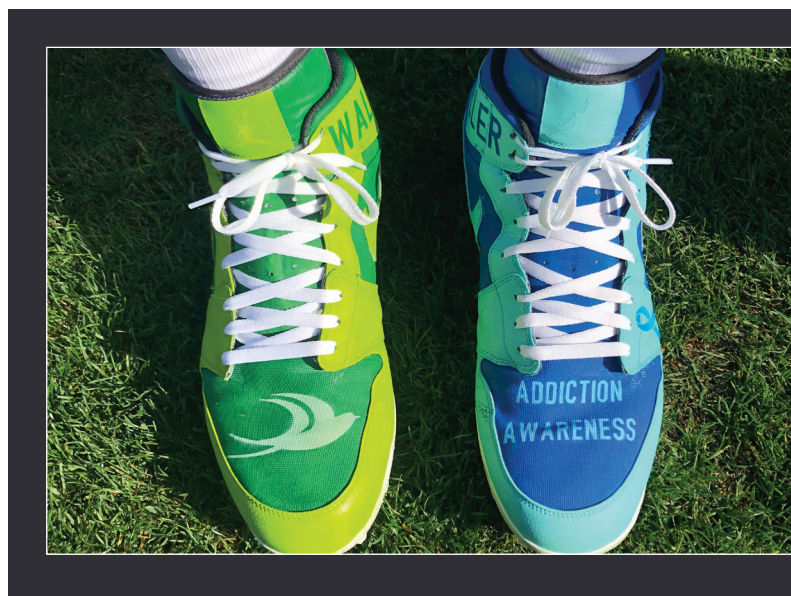
I went to Oakland and it was just up from there. They gave me opportunities the next year and allowed me to start, and I had never started before. Now it was all about staying consistent. I felt like Recovery helped me with that, in daily readings, you know doing my reps daily it helped me to not get too far down the road or trip about the future. I was just doing what I could do in this moment and putting one foot in front of the other.

C: That's such an incredible story. It's amazing for me to listen and hear about the redemption in your story and how God was able to take your mess and turn it into your message. The platform that you have now is absolutely incredible, you get to share that story, so thank you so much.

I was around getting to watch you develop as a young athlete and watching you and Davis play baseball. You were surrounded by great families, who traveled together. Knowing that youth sports are so big in the United States and that your newly established foundation focuses on young athletes, can you talk a little more about that and why it's so important to you?

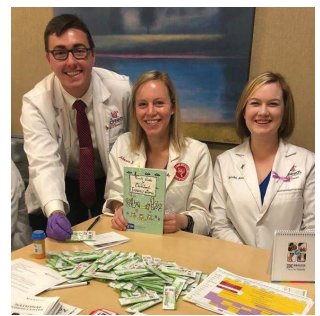
D: I am just out to help young people in general. As early as middle school I saw people using drugs, probably ages 10 - 25. I feel like a lot of people just tell kids: don't do drugs... You shouldn't do that, talking down to them. Kids would respond better if you would lay tools out in front of them. Allow them to look at those tools and then make their own decisions from there. So that's what I want to base it off of just using my story as one of those tools for them, and showing them what allowed me to recreate my life in that sense so they don't have to go through all of that. Loving yourself, finding creative hobbies that you love, and things that keep you from getting in your head. I would like to be able to fund treatment for people at some point. My treatment was paid for by the NFL, and I got to go to a really nice facility, one that I wouldn't have paid for if I had paid out of my pocket. If I could do that for somebody else and help their journey have a transformation like I did, that would be awesome. Just talking about things that mean a lot to me like meditation, spiritual life, however you want to shape it, I could let them know from my story that change is possible.

C: I understand that music has always been important to you as well and a big part of your life. You have several songs and music videos that I have watched. Not to mention that your great grandfather is the legendary Fats Waller. Can you touch on how music has played a part in your recovery? Who are your musical inspirations? Is there anybody that you would love to collaborate with some day?



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DisposeRx manufactures the leading at-home medication disposal solution—packets that are dispensed at more than 33,000 pharmacy counters around the country.

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DRY

- FEATURE ARTICLE -

D: Music means a lot to me. I know at the time when I first started making music I didn't want people to hear it. It was a tool for me to express myself in a positive way, express my mind, a gateway for me to speak things into existence. It's something that sets me on fire! You know who I am inspired by of course... Fats Waller, his music stands out, and it doesn't sound like anybody else. It's a little off-set. It's got a little weirdness to it. That's okay because it's authentically him. I want my music to be the same way, not just cookie cutter or that sounds like somebody else. I have been inspired by Fats, and probably Jay-Z the most. They seize their opportunity, and as they continue to rise, their skill only rises as well.

C: Would Jay-Z then be your dream collaboration?

D: Jay-Z, Drake, I mean I could think of a million artists, but I will take those two.

C: Hopefully one day! You're a man of many talents. I don't know how you find the time to do that and play professional football at the same time.

“Success is moving from failure to failure without losing enthusiasm.”

Winston Churchill

D: Gotta make time.

C: There are also a lot of other benefits to enjoying long term Recovery, one of them being checking items off of your bucket list. Do you have any items that you are looking forward to on your bucket list? The current pandemic might keep some of those from happening, but now or in the future what are you looking forward to happening?

D: I am looking forward to traveling. I never really had a desire to travel before I got into Recovery. Now I want to see more things. I want to go to Italy and see all of the architecture, cathedrals, and that kind of stuff. I want to go to Japan, see the countryside of Japan, with the blossoms, temples, and the mountains. I also want to continue to be a good player, and be there for my teammates. I wasn't able to do that before I got into Recovery. Now I can value it day in and day out. I want to keep being consistent in that realm. I want to give back to the community. I was a very self-centered person. I didn't think that at the time because I had basic respect for people, but I was a very self-centered person through my actions. I just want to continue to keep the foot on the gas with the foundation. Those are the three things I look forward to the most.

C: That's awesome and a lot deeper than a lot of people's bucket items, so that's great. It's not like just go skydiving or something. I hope we will be out of this pandemic soon,

and you will be able to get moving on some of those. Who would you say are some of your inspirations on and off the field.

D: On the field, someone that legit inspired me was Calvin Johnson and the way he played football. You know you see the Georgia Tech connection and everything. If he was in the game he was dominating that game. His quickness and agility, his intelligence and the way he would see things on the fly, gave him a mental advantage over everyone else in the game. Those gifts made him unstoppable.

Off the field I would definitely say my dad. He hasn't been perfect in his life, but he's been very transparent with me about his life. I feel like the fact that he continues to try and go and live and devote his time to serving other people and just being a positive light and always bringing positivity to any situation is his greatest strength, especially when I was getting in trouble growing up. He would always be an encouraging voice; he would always say, "I am always in your corner". Another thing he always said was, "you'll always be my horse even if you never win a race", and that just meant a lot because there were periods in my life where not a lot was going well and he was still there saying those things, speaking those things into existence. I hope I can be as consistent as him when I become a father and grow as a man.

C: Well your dad is a great man. We love him too. You recently started a new podcast called the Comeback Stories with cohost Donny Starkins. What inspired you to start this podcast and what topics are you excited to tackle.

D: So Donny definitely was pushing the podcast for sure. Donny is my mental coach that I have developed a relationship with. We hop on calls once a week and just talk about any and everything. He asked, "what do you think about starting a podcast?" I said, "I don't know how to do that, but lets do it." So we just kind of got it going from there. The way that we talk to each other, and with him being in Recovery as well; we have that same transparency with each other. Like check that out and you can be inspired by that! That's all we are trying to do, just continue that honest open conversation that allows people to realize that everybody can have a comeback story and you can craft your own.

C: That's awesome. The podcasts began in February correct?

D: The Thursday before the superbowl, so February 4th.

C: We'll be sure to tune in. Moving on, what is your favorite quote.

D: My favorite quote is, "Success is moving from failure to failure without losing enthusiasm." by Winston Churchill. I've got him tatted on my ankle as a shout out to Winston. I mean I have failed a million times; it's been

well documented in public and you know things people haven't seen. I have been able to develop a resiliency through all those things and know that whatever happens good or bad, especially bad, that I can continue to move forward. That those experiences are making me stronger and making me more well equipped for the things that are going to come in the future. That quote is just incredible for me.

C: That's awesome! Alright 2021 is finally here, what are some of your goals for 2021?

D: I want to grow as a leader. Over the last decade of my life, I feel like things have improved. I don't want to do my job and be quiet, because now people are looking at me for inspiration, a word, an affirmation, or to just be there for them because they know that I can. It's time to become more of a mentor role for people in 2021. I've got three and a half years of my life doing what I want to do and giving it an honest try. I want to continue to do that and be reliable each and every time. I would say being consistent and giving back to the foundation, and allowing it an opportunity to take off. Even outside of the foundation, just me going out and showing up and serving at places. I want to continue to keep that up as well.

C: That's awesome. I think you are well on your way to achieving all of those goals. You've mentioned on social media before that you had a shift when you stopped seeking approval from others. You started focusing on gaining respect and approval from yourself. How did you develop that relationship with yourself and gain that approval and respect and how are you hoping to use your

appreciated. I am loved regardless of whatever I do on the field or however somebody else sees me; that validation is already there I don't have to earn it. Realizing those things are what allowed me to transform and focus on loving myself.

C: Amen to that. You've quoted Ernest Hemingway before which you said "There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self." Which is kind of what you were just talking about. Your Recovery journey is just so inspiring. I know I am so proud of how far you've come, along with everybody else that knows you. With that being said, what do you see for yourself moving forward?

D: I see myself continuing to improve as a player, in my relationships, in how I give back to the community, how I treat other people, just improvement. I don't know about results and expectations that I have for myself because that always trips me up and makes me so anxious about the future. It keeps me out of the present moment, so if I just go forward with the mindset of whatever I am working at, I'm gonna work at it with a mindset of, I may not have an opportunity to do this again. This could be the last time I do it. I am not promised anything, and if I have that mindset of being present, I feel God will handle the rest and everything else will take care of itself. Those results will come if I just stay focused on the small processes.

C: This is kind of a fun question, but help us to get to know the person inside the football uniform. Who is number #83 of the Las Vegas Raiders, what is his greatest strength?

"I developed a better relationship with myself through transparency and honesty."

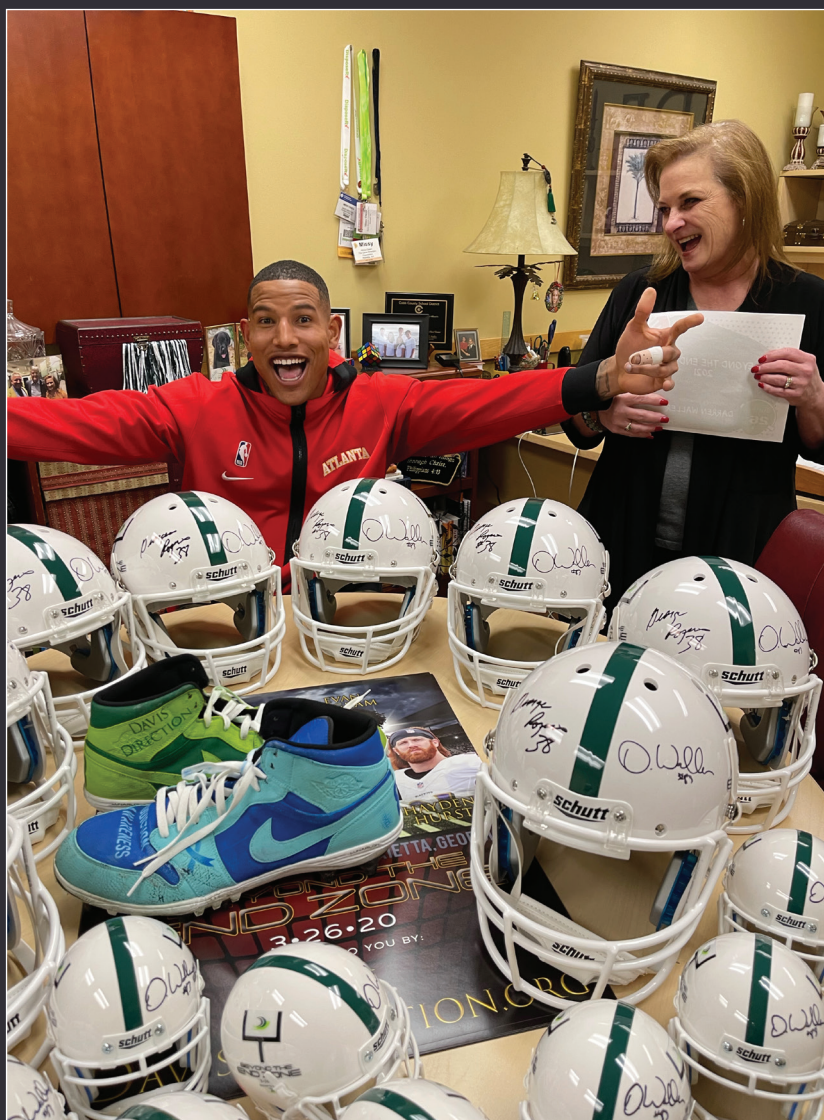
foundation to help young athletes do the same?

D: I developed a better relationship with myself through transparency and honesty. It started with writing out the things that I thought about myself and then going into settings like the rehab settings and meeting settings and saying how I felt or saying the exact things that I did. It's really the opposite of things that you don't want to say to other people, you should say to other people, or you should say in the mirror. Just write them out. Those kinds of things got the weight off of me; the weight of the guilt and the shame was like beating me up and when I got rid of that it allowed me to say I like that about myself. So it's the tools of meditation, developing a spiritual life, talking to my higher power and realizing that I am valued and

D: Number 83, I don't really know if I know that guy off the top of my head.

C: Is that not your number?!

D: No I'm just playing. I would say his greatest strength is his ability to bounce back when things go wrong, just the level of equanimity. If you see me have a big play or you see me catch a pass and get pinballed by three different defenders, there's not going to be much of a difference in my reaction. I'm going to be pretty stable. Of course there are emotions going on inside of me, but I don't let the noise, the positive success noise or the negative noise, have any effect on me. So, when a bad play happens... I get hit and I fall and fumble, I don't let that define me. I



don't let a good play define me either. It's just taking that play for what it is and moving on to the next one and knowing that one instance doesn't define me; one day doesn't define me; one year doesn't define me; I am all about what I can do next and where I can move forward the next time. Because if I trip about the past or trip about the future, those are things that will have me out of whack again mentally, so I just try to stay cool.

C: I look at you and the word resilience comes to mind. Life has thrown so many different things and circumstances at you and regardless of what they are and how you've been affected, you've been resilient throughout it all and you've been able to bounce back and make the best of those circumstances. What is something that the readers potentially don't know about you, like a fun fact? Tell us something exclusive.

D: I mean, I don't think I am that exciting, but before games I don't like to listen to upbeat music anymore.

C: What do you listen to?

D: I don't know if anybody would know these people.

There's a rapper, his name is Roc Marciano, and he raps over soulful beats that are real smooth. When I am out there on the field, I get hyped and everything before, and I run out and there's fire and all that but when I come back down to play the game, I go back down to a calmer state. Because there's a lot I gotta evaluate and think about and so I am not trying to be hype no more. I ain't gotta do all that. It's just something that is calm but at the same time aggressive, confident, and a little bit braggadocious because you've got to be crazy a little bit to play football. So, that style of music just has me at ease, and it's just like when I'm at ease, I know somebody's defense is going to have a long day.

C: Do you have any, funny weird pregame rituals or superstitions?

D: I'm not really superstitious. My routine kind of changes up all the time honestly, but I try to do the same things. Stretch, rollout on this electric foam roller, and then sit at my locker and not do anything for a little while. Just be still.

C: That's good. Is there anything you'd want us to know about you? Dream question. Last parting words.

D: I have been called by multiple people a bottomless pit. I like to eat.

C: What is your favorite meal?

D: That's tough. I'm gonna go with steak, probably with some au gratin potatoes, brussel sprouts, some good bread, and a good chocolate cake after.

“I see myself continuing to improve as a player, in my relationships, in how I give back to the community, how I treat other people, just improvement.”

Darren Charles Waller is an American football tight end for the Las Vegas Raiders of the National Football League (NFL). He played college football at Georgia Tech and he is the great-grandson of jazz pianist Fats Waller.

As of this article, Darren is ranked the #3 tight end in the NFL and is on the 2021 Pro Bowl roster.

PEOPLE LIKE ME

Dustin Luther Wilkes/Jim Parker

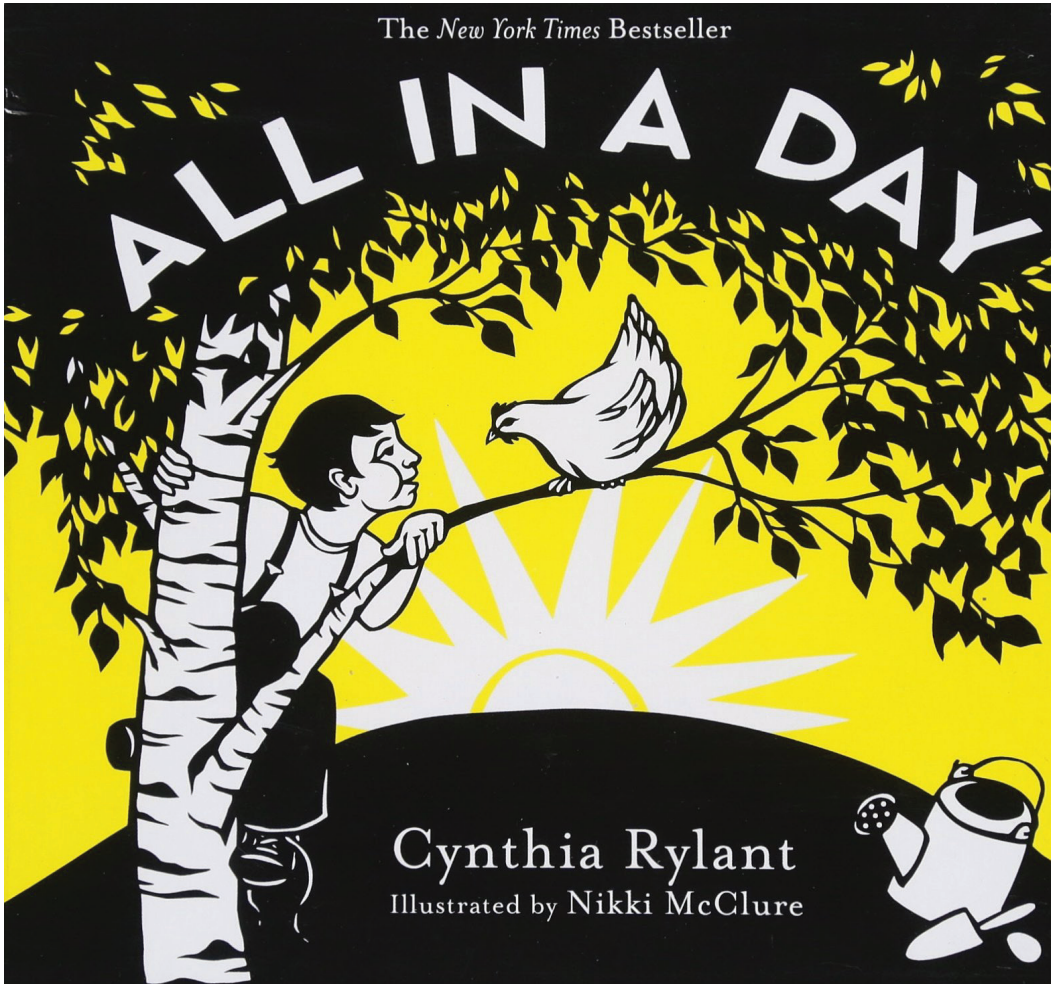
My life's out on the table, my head's here in the game
My people care about me, I tried to hide the shame
I've blamed myself for hurting those I love in my life
That lifeline you threw me is why I've survived
People like me need people like you
Gentle souls who tell the truth
All the crazy things I did in stories that I've told
Were finally out in front of me so I could let them go
People like me need people like you
I'm in **THE ZONE** and humbled, that's where I'd like to stay
Every thought is focused, on all my friends today
Reaching out in peace and prayer is so long overdue
With His love and mercy there's nothing I can't do
People like me need people like you
Gentle souls who tell the truth
All the crazy things I did in stories that I've told
Were finally out in front of me so I could let them go
People like me need people like you
Rain or shine the clouds are all gone
Because of you the sun shines all day long
People like me need people like you
Gentle souls who tell the truth
All the crazy things I did in stories that I've told
Were finally out in front of me so I could let them go
People like me need people like you



- BOOK OF THE MONTH -

ALL IN A DAY

EDITOR'S PICK



I am thrilled to have the opportunity to pick the Book of the Month for Volume 1 Issue 1 of Recovery Zone magazine. Having been an elementary school teacher and counselor for 33 combined years, I always leaned toward the simplistic message. ALL IN A DAY, authored by Cynthia Rylant and Illustrated by Nikki McClure, is a pure treasure. People of all ages will find a compelling message in this book.

IT'S A "JUST FOR TODAY" TYPE MESSAGE REMINDING THE READER THAT IT IS NEVER TOO LATE TO PLANT A SEED AND WATCH HOPE GROW.

Not only will this be a quick read for someone struggling with Substance Use Disorder, but it is also

a great book to read to small children offering them HOPE for a parent who is seeking to find Recovery from SUD.

MY FAVORITE PAGE IN THE BOOK IS ONLY FOUR WORDS... "A DAY BRINGS HOPE".

The illustrator made use of four colors, Black, white, the hope of yellow and the calm effect of powder blue. The pictures are big and bold and full of nature, wonder and love. The words as well as the illustrations inspire growth at every level and challenge the reader to make the most of every day because, if wasted, you will never get it back. ALL IN A DAY could serve as a morning devotional for any reader in any circumstance.

FOR SOMEONE IN RECOVERY, IT IS A GREAT REMINDER THAT "YOU CAN FIND YOUR WAY BACK HOME."

ALL IN A DAY IS AVAILABLE ON AMAZON IN HARDCOVER, PAPERBACK, KINDLE AND BOARD BOOK AT ALL PRICE POINTS. AMAZON PRIME WILL HAVE IT TO YOU IN 2 DAYS WITH FREE SHIPPING.

- MOVIE OF THE MONTH -


HILLBILLY ELEGY

EDITOR'S PICK

When Hillbilly Elegy was first released in November of 2020, the reviews were less than kind. However, having lived with addiction in the family and running a nonprofit that addresses addiction and recovery, there are common threads that everyone who has been down this path learns to recognize.

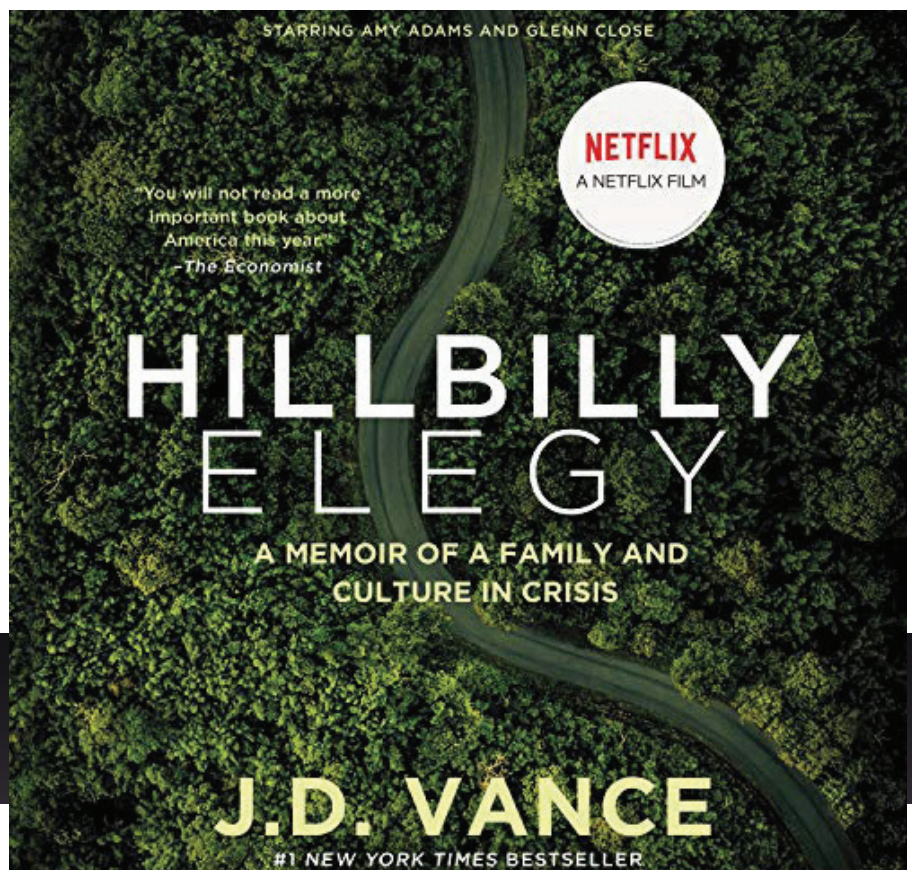
I have identified some of those threads along with the scene in the movie that portrays them. Addiction is a family disease, and no one is more affected than the children who grow up innocently at the mercy of their parents.

COMMON THREADS OF ADDICTION:

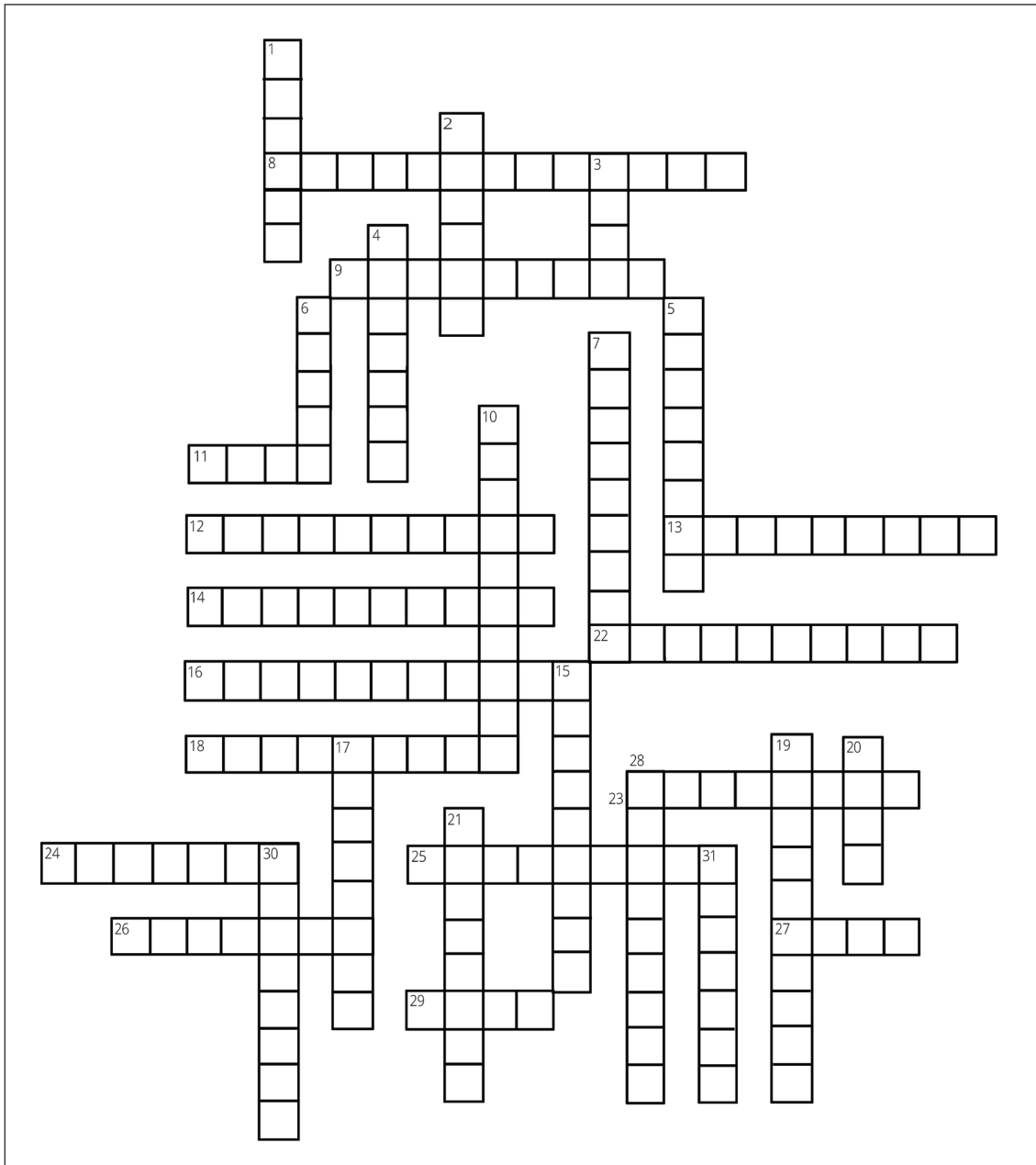
- **CHAOS AT THE MOST INOPPORTUNE TIME:** Bev's overdose in the midst of JD's interviews
- **GUILT AND SHAME:** JD finally telling Usha about his mom on the overnight ride home
- **DEFENDING FAMILY:** JD taking offense when the Yale professor called his people rednecks
- **UNPREDICTABLE/ERRATIC BEHAVIOR:** Inside the football card store and driving home
- **EMPTY APOLOGIES:** Bev's never-ending apologies after yelling
- **CODEPENDENCY:** Bev and all her men
- **MULTI-GENERATIONAL ADDICTION:** Papaw was an alcoholic
- **GRANDPARENTS RAISING GRANDKIDS:** Mawmaw leaving the hospital to go and take JD home
- **KIDS BECOMING CARETAKERS:** JD and Lindsay responsible for decisions at the hospital
- **WORKING HARDER THAN THE ADDICT:** JD finding Bev a Rehab and begging for a bed
- **ENABLING:** Mawmaw asking JD to pee in the cup for his mom
- **THAT MOMENT OF DECISION:** the calculator scene
- **HURT, ANGER, DESPERATION:** the hotel bathroom scene
- **THE GIFT OF DESPERATION:** JD leaving Bev at the hotel when she is asking him not to leave her. JD says "Lindsay is on her way and I really hope you'll wait for her, but I really have to go."
- **RECOVERY IS REAL:** In the rolling epilogue at the end, Bev has six years of sobriety and loves playing with her grandchildren 

This movie viewer congratulates JD Vance and his family for providing a supportive and loving environment in which his Mom could be loved by them until she could learn to love herself. Congratulations is also in order to his mom for going on 7 years of continued sobriety.

Look at our Medical article on page pages 26-27 regarding the Adverse Childhood Experiences (ACE's) and see the complexity of obstacles JD had to overcome to break the cycle of addiction. BRAVO JD Vance... You are a SUPERSTAR! Thank you for opening your heart and sharing your story. Kudos to this all-star cast for realizing the importance of the message and moving forward with the movie.



- GET OUT OF YOUR HEAD CROSSWORD -



DOWN

- | | | |
|--|---|--|
| <p>1. The _____ can be located just 2 miles from the French Quarter in New Orleans.</p> <p>2. Music of the month: _____ Like Me.</p> <p>3. Oli is a _____ lab.</p> <p>4. In Leadership tips, the H stands for _____.</p> <p>5. Chattanooga Recovery Center believes it is important to treat individuals with a personalized treatment _____ based on experiences.</p> <p>6. Josh found his _____ at THE ZONE.</p> | <p>7. Tattoo of the month is an _____ in the shape of a tree.</p> <p>10. A great and inexpensive vacation for those of you who love a great treasure hunt could be call a "_____."</p> <p>15. LifeHope Labs has a new test to detect _____ urine.</p> <p>17. In 2018, DisposeRx pledged to help remove 10 million opioids from the nation's medicine _____.</p> <p>19. A person can enter a plea of guilty or nolo contendere and still avoid a criminal _____.</p> | <p>20. Darren Waller was influenced musically by his Great Grandfather, _____ Waller.</p> <p>21. _____ is one of only a few medications that are FDA approved for the treatment of opioid abuse.</p> <p>28. Yoga is a tool designed to bring us back into the right _____ with something bigger than ourselves.</p> <p>30. _____ is one of the common threads of addiction.</p> <p>31. The prodigal parent lost his _____.</p> |
|--|---|--|

ACROSS

8. "People are like _____ windows, they sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is a light from within." Elizabeth Kubler-Ross

9. Makeover artist, Rachel Fant, cuts _____ in half to gain a more natural look.

11. Mental Health care and addiction treatment needs to be widely available and inexpensive or _____.

12. The Hazelden Twenty-Four Hours A Day app opens right up to a _____ of the day.

13. In the late 1990's, Kaiser Permanente and the CDC conducted a joint research project looking at the link between _____ experiences

in childhood and health outcomes in adulthood.

14. In 2018, Sarah obtained her Certified Experiential Specialist _____ and began her CAC1 training.

16. Some _____ are not as accepting of Medically Assisted Treatment as others.

18. Davis Direction Foundation focuses on five areas: Advocacy, Prevention, Education, Recovery and Harm _____.

22. Anyone can make a _____ to the Recovery Zone magazine.

23. Darren Waller reports being addicted to gaining people's attention and _____ before ever

trying any drugs.

24. _____ warning signs are internal, while triggers are external and can include people, places and things.

25. _____ is an important first step in financial freedom.

26. Heather Hayes is an internationally certified _____ negotiator.

27. _____ is the home of the nationally recognized Recovery Coach Academy, the leading training program for recovery coaches worldwide.

29. In All In A Day, we find that it is never too late to plant a seed and watch _____ grow.

N	S	N	O	V	A	Y	S	N	A	C	R	A	N
E	I	O	Y	O	E	W	E	O	R	L	T	E	E
E	T	I	T	R	C	E	R	I	P	A	R	N	T
O	H	T	I	R	I	L	U	T	R	N	A	O	A
F	O	N	N	E	T	L	T	A	E	O	I	Z	T
F	P	E	U	S	E	N	A	C	V	I	D	Y	T
E	E	V	M	O	H	E	E	I	E	T	E	T	O
N	X	R	M	U	T	S	F	L	N	O	R	E	O
D	W	E	O	R	N	S	R	P	T	V	S	I	S
E	A	T	C	C	Y	N	T	E	I	E	M	R	E
R	I	N	I	E	S	S	W	R	O	D	S	B	V
A	V	I	E	S	I	M	O	S	N	I	R	O	I
S	E	I	H	R	E	S	U	M	E	E	Z	S	L
O	R	S	T	R	A	T	E	G	I	E	S	U	O

- Resources
- Sobriety
- Replication
- Wellness
- Synthetic
- Community
- Raiders
- Prevention
- Strategies
- Tattoo
- Intervention
- Zone
- Narcan
- Olive
- Resume
- Features
- Hope
- XWaiver
- Offender
- Devotional

COLORING



DOT-TO-DOT



- GET OUT OF YOUR HEAD SUDOKU -

	9		5	6		7		
7		4	3	9				5
	5	2		8	7		3	6
	1	7	6		4	5		
	4		2					1
6				5	8	4	7	
3		1			6		5	9
9		6		2				3
	8			1	3	6	2	

The object of Sudoku is to complete a 9x9 grid so that every column and every row and every one of the nine 3x3 boxes contain the digits from 1-9.



Heather R. Hayes

& ASSOCIATES, INC.



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We are committed to providing the highest level of care without compromise, and we are not employed by, nor do we receive any form of payment or compensation from, the providers with whom we consult for placement or referrals.

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 - **Case Management · Adolescent Transport**
- **Therapeutic Transports · Crisis Management · Concierge Services**
 - **Treatment Consultation · Recovery Companions**
- **Therapeutic Coaching · Drug & Alcohol Testing & Monitoring**
 - **Eating Disorders**

An **Accidental** Opioid Overdose...



**CAN HAPPEN
TO ANYONE
TAKING OPIOIDS**

Help Protect Yourself
and Your Loved Ones.
Ask Your Pharmacist for an
At-Home Emergency Treatment.



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Recovery
Center

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chattanoogarecoverycenter.com

CALL 423-226-5331

- FAVORITE QUOTES -

“The best thing about the future is that it comes one day at a time.”

Abraham Lincoln

“Courage isn’t having the strength to go on, it’s going on when you have no strength.”

Napoleon Bonaparte

“Through the darkness the light found me.”

Sarah Mangold

“TRYING TO EXPLAIN ADDICTION TO SOMEONE THAT ISN’T AN ADDICT IS LIKE TRYING TO EXPLAIN THE COLOR PINK TO A BLIND MAN.”

BUTCH SCRUGGS

**“The best way
to predict your
future is to
create it.”**

Abraham Lincoln

“It doesn’t matter
how slow you go,
as long as you
keep going.”

Confucius

**“As one goes
through life, one
learns that if you
don’t paddle your
own canoe, you
don’t move.”**

Katharine Hepburn

“People are like
stained-glass
windows. They
sparkle and shine
when the sun is
out, but when the
darkness sets in
their true beauty
is revealed only
if there is a light
from within.”

Elizabeth Kubler-Ross



- SERVICE ANIMAL -

THE LOVE LAB

meet oli

BY: MISSY OWEN

Oli was a gift to THE ZONE from Southeastern Guide Dogs in the summer of 2016 soon after we opened the Recovery Support Organization.



One of our amazing volunteers had been a puppy trainer for them for many years. She wrote a letter telling them about our organization and how she thought a service dog would provide a much-needed service for those in Recovery.

Oli was trained as a PTSD service dog, a Guided Sight Service Dog and a Facility Therapy Service Dog. At two years old, no one had matched up with her, so she was gifted to THE ZONE and we were beyond thrilled. We changed her name to Olive, and we call her Oli.

She loves to cuddle during meetings, play chase and hang out in the kitchen hoping some “newbie” might slip her a bite from the table! She works 5 days a week and she takes her job very seriously. When Michael leaves in the morning, he says “Oli, you ready to work?” Oli beats him to the car and couldn't be happier to head to THE ZONE to love on all of the people who come looking for support. Oli is our Love-Lab and we have been blessed beyond belief with her compassion and unconditional love.



Photo credit: Cloudland Canyon

“All work and no play makes Jack a dull boy”...and Jill a dull girl! Stepping away from the routine and mundane is a great way to refresh your mind and gain a new and different perspective. Often times, money gets in the way of a great vacation or even a weekend getaway. We’ve decided to explore affordable and even cheap ways to make the dream a reality!

Let’s take a walk on the “wild” side for some and think outside of the box for most. Hostels and yurts are a great and inexpensive way to connect with the great outdoors. Most National Parks have both associated with them or at the very least close by.

Hostels, a form of low-cost, short-term shared sociable lodging where guests can rent a bed, usually a bunk bed in a dormitory, with shared use of a lounge and sometimes a kitchen, are popular forms of lodging for backpackers and cycle tourists. In the US, hostels are spread all over the country but most of them can be found on the East Coast. Staying in a hostel is the best way to save your pennies, whether you have decided to stay in a US city or to travel around the country. Hostels are actually really safe. They are staffed 24 hours a day, and most have security cameras installed.

A **yurt**, on the other hand, is a portable, circular dwelling made of a lattice of flexible poles and covered in felt or other fabric. They are a sturdy, and reliable type of tent. They are available options in most National and State parks and provide electricity, portable heat and a comfortable bed. The nicer ones have bathrooms, but bathrooms are usually shared amenities of the park.

Stay underneath the stars of the High Plains Desert in Marfa, TX at **El Cosmico**. There are a variety of options starting at just \$20.00 per night if you want to pitch your own tent and have access to the bath house and beautiful blue sky. Other options include, yurts, trailers, tents with hardwood floors and queen beds, as well as teepees. The pups are welcome! Check them out on FB! El Cosmico.

An East Coast option can be found at **Cloudland Canyon** in North GA, one of the most beautiful river gulches in the Appalachian range, offering stunning views, rugged hiking, and excellent glamping (glamorous camping) opportunities. Stay for a minimum 2 nights in the 10-yurt village surrounded by hiking trails and nearby cave tours. Yurts begin at \$75 per night. Find them on fb at Cloudland Canyon State Park.

The **Cloudcroft Hostel** in High Rolls, NM offers sightseeing of the Lincoln National Forest, the Alameda Park Zoo, Sacramento Mountains Museum, the Toy Train Depot and more. Nestled in the Sacramento Mountains of Southeast New Mexico, this hostel is in a great location for exploring the four seasons of nature with lots of scenic views, including Carlsbad Caverns which is only 3 hours away. Rooms start at \$23 per night and the pups are welcome! Check out their website at cloudcrofthostel.com.

Have you ever dreamed of visiting New Orleans, LA? **The Quisby** is waiting on you! Housed in an elegant building in the eclectic Lower Garden District, this relaxed hostel is less than a minute's walk from a streetcar stop, and 2 miles from Jackson Square in the French Quarter. With an average nights stay of just \$35, this qualifies as a cheap stay with a variety of fun places to play! Check them out at thequisby.com.

“Hostels are a great way to meet new people while traveling, and they are kind to your wallet.”
-Nicole



Photo credit: Francesca Brennan

No matter where you are in your recovery journey, the following template will help you personalize your individual plan of action. Please feel free to copy and share this template with others that might find it useful. -Davis Direction Foundation Inc.

BRIEFLY LIST SOME OF THE PROS AND CONS OF RECOVERY:

PROS

CONS

<hr/>	<hr/>
<hr/>	<hr/>
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According to the Substance Abuse and Mental Health Services Administration (SAMHSA), triggers are events or circumstances that can lead to uncomfortable feelings such as anxiety, panic, anger or despair.

What are some of your Triggers?

What could you do instead of getting high or drunk when you are triggered?

According to the American Psychological Association (APA), Coping Skills are an action, a series of actions, or a thought process used in meeting a stressful or unpleasant situation or in modifying one's reaction to such a situation.

**Prayer,
Meditation,
Breathing
Exercises
and
Mindfulness**

**Studying,
Reading,
Working
and
Volunteering**

**Exercise,
Yoga and
Sober Leisure
Activities**

**Making Social
Connections
and Building
a Sober
Network**

What are some of your Coping Skills?

What are some Coping Skills you would like to try?

It is important to recognize symptoms of Post Acute Withdrawal Syndrome (PAWS). These symptoms, unlike the first stage of acute withdrawal, typically involve more of the psychological and emotional aspects of withdrawal. Depending on the duration and intensity of alcohol or other drug addiction, this secondary withdrawal syndrome can occur a few weeks into recovery or a few months down the road. More important, even though PAWS is a temporary condition, the symptoms can become a driving factor for relapse. <https://www.hazeldenbettyford.org>.

Relapse Warning Signs are internal and include mental and emotional strain while Triggers are external and can include people, places, and things. It is important to be mindful of what these look like for you as an individual. If you are not aware of your own Relapse Warning Signs and Triggers, then how can you prevent relapse from happening?

What are some of your Relapse Warning Signs and how will you cope with them?

- **INDIVIDUAL** RECOVERY PLANS -



Why do you need a Relapse Prevention Action Plan?

What are some High Risk Situations for you?

Recovery requires ACTION. What is your action plan for these High Risk Situations?

Where can you go if you are in a CRISIS?

Name: _____ Phone: _____

Name: _____ Phone: _____

Who can you call if you are in a CRISIS?

Name: _____ Phone: _____

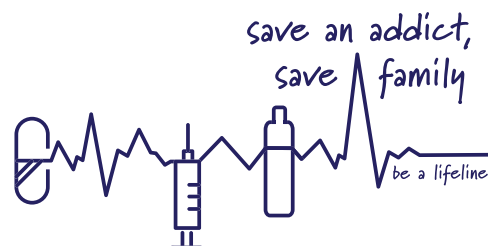
Name: _____ Phone: _____

NOTES:

JOIN US!

MAY 6, 2021

THE BIG BANG EVENT!



Mark your calendars!

Thursday, **May 6**, join us **virtually or in-person** from 5:30pm-7:45pm for The Big Bang fundraising event! The evening will include testimonials from those HMAc has helped AND special guests **NFL stars DARREN WALLER**, of the Las Vegas Raiders, and **HAYDEN HURST**, of the Atlanta Falcons...and Georgia Lt. Governor **GEOFF DUNCAN**. The evening will also include a **sports memorabilia auction**.

You don't want to miss it!

Donate NOW at
www.hmacfund.org

In partnership with The Blanchard Institute, Halstead/Metroflor is committed to raising the fully tax deductible **donations** through a 501c3 partnership with "Faith in Four: Recovery, Prevention, Education and Treatment". Contributions will **fund scholarships** to rehabilitation facilities for those in need who cannot otherwise afford treatment.



EVENT LOCATION:
Copper Coin
Woodstock, GA



For more information in ways you can help please contact HMAc at hmac@metroflorcorp.com or **678-899-3476**.

Advocacy in Action

RYAN HAMPTON

Founder at the Voices Project + Organizing Director at Recovery Advocacy Project + Author + Advocate

2020 was a challenging year for the recovery community. The COVID-19 pandemic highlighted so many cracks in the systems, laws, and supports that are so vital for people in recovery. From isolation to widespread homelessness due to evictions to limited healthcare access, vulnerable people were pushed to extremes. Many people lost their lives. Drug overdoses of all kinds killed nearly 84,000 people in the U.S. from August 2019 to July 2020. That's 23% more than in the previous 12-month period, and the highest number of overdose deaths ever recorded in a single year.

I TRULY BELIEVE 2021 IS OUR YEAR TO KEEP HIGHLIGHTING THE IMPORTANCE OF MUTUAL AID NETWORKS AS WELL AS COMPASSIONATE AND MEANINGFUL POLICY.

While we may never fully reverse the effect of the double pandemic—the coronavirus and addiction epidemics—I know that what we learned could blaze a trail for real progress. The last administration approved new legislation that specifically addressed opioids. The incoming administration, led by a President whose son is in recovery, has a robust plan to invest \$125 billion in federal funding to double down and invest in prevention, treatment, recovery, and harm reduction. Our community knows firsthand how critical these services are. Access to affordable healthcare and on-demand treatment would save countless lives and help eliminate the stigma and shame that prevents so many people from even asking for help. These policies really do affect our lives and our likelihood of surviving addiction, in big and small ways. For example, normalizing syringe exchange, offering naloxone with every opioid prescription, and funding grassroots recovery community organizations that do community outreach are all widely accepted, accessible, financially responsible solutions.

In 2021, our work to educate and transform the institutions that should support recovery, rather than punish addiction, is more important than ever. Despite our setbacks, I have witnessed change at every level—from new opportunities for peer support, to impactful research. I am encouraged to know that many elected officials are now willing to take on progressive change this year—ensuring people with lived experience have meaningful positions at decision making tables across the country.

WE HAVE OUR WORK CUT OUT FOR US AS A COMMUNITY.

We need funding for less visible long-term recovery support systems—such things as housing, therapy, job placement, and peer support. For any robust plan to combat the addiction crisis to work, mental health care and addiction treatment will need to be widely available and cheap or free.

I believe that people in recovery are people first. And I believe our community is well positioned to push for the systems changes we'll need to recover from this dueling public health crisis. When we prioritize a person's dignity, their humanity, their uniqueness, and their right to be healthy and happy, we make great strides for recovery.



Understanding the First Offender Act

VIC REYNOLDS, GEORGIA BUREAU of INVESTIGATIONS

When a person finds him or herself in trouble with the law, a major concern is how to navigate and complete the system without having a conviction on your record. As most people know, a criminal conviction, even for a misdemeanor offense, can affect your life forever.

ONE OF THE PRIMARY WAYS TO AVOID A CONVICTION, EVEN WHEN YOU ARE GUILTY OF A CRIME, IS THROUGH THE USE OF GEORGIA'S FIRST OFFENDER ACT. THIS STATUTE IS FOUND IN OFFICIAL CODE OF GEORGIA ANNOTATED SECTION 42-8-60.

The short version of this statute is that it allows certain individuals to enter a plea of guilty or nolo contendere but avoid a criminal conviction. The intent of the law is to give certain first-time offenders a chance to learn from prior mistakes and to move on with a productive life without carrying around a criminal conviction.

JUST BECAUSE IT IS YOUR FIRST TIME IN TROUBLE, DOESN'T AUTOMATICALLY MEAN YOU WILL GET A FIRST OFFENDER SENTENCE.

As the name implies, the statute is reserved for folks who haven't been in trouble before, but certain criminal offenses are not eligible for this type of sentencing. If your crime was against a law enforcement officer who was engaged in his or her duties, if you commit a serious sexual offense, or you are guilty of Driving Under the Influence, then your offense is not eligible for first offender treatment. And, there are other crimes in which First Offender Act will not apply. So, make sure any offense you might be charged with is eligible for the statute before going to court. Your lawyer can assist in this.

If the offense you are facing is eligible for this type of sentence, you will not automatically receive it. You or your attorney must ask the judge to sentence you under the First Offender Act. The judge has the discretion to say no, and this discretion is not subject to appeal.

WITH THOSE CONCERNS BEING RAISED, MOST JUDGES STILL WANT TO PROVIDE A PERSON WITH A PROVERBIAL "SECOND CHANCE." THIS IS WHERE THE FIRST OFFENDER ACT COMES INTO PLAY.

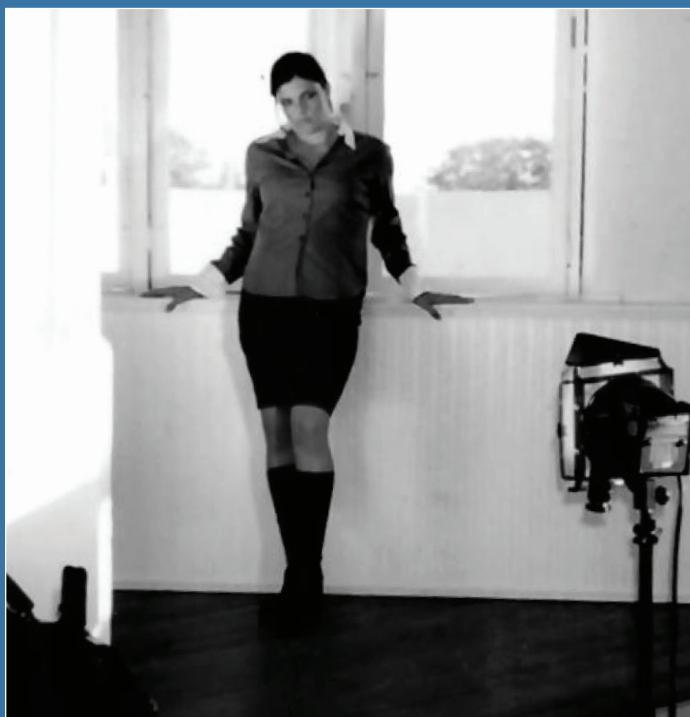
When you receive a First Offender sentence it is not a conviction. Even though you plead guilty, a conviction is not entered on your record. It is often referred to as a deferred adjudication. The selling point of a First Offender Act is that when you complete the terms of the sentence successfully, the judge will discharge the case with no



conviction on your record. When this discharge is filed with the clerk's office, your criminal records are sealed from your criminal history report.

However, if you are sentenced as a First Offender and you do not complete your sentence successfully, then the judge may revoke your status and enter a conviction on your record. The judge will also resentence you if you violate the terms of your First Offender sentence and you will become a convicted person. The resentencing can be up to the maximum penalty allowed by law.

The moral of the story is that if you are eligible for First Offender, it is certainly worth considering. It is a lawful way to avoid a conviction, even though you are guilty of the crime charged. What is important to remember is if you choose to request the First Offender sentence, and the judge elects to give you the benefit, please complete the terms of the sentence successfully and avoid any additional troubles. If you do this, your case will be discharged, you will have no conviction and your record will be sealed. But if you violate the terms of the sentence, you stand to be resentenced to the potential maximum penalty and have a conviction on your record that could haunt you for a very long time.



SHARE YOUR STORY

sarah

Sarah is a person in long-term recovery. She is currently a Certified Addiction Counselor (CAC1) working as the Program Director at the Zone in Marietta, GA.

I was 7 years old and all I could see was blood. I don't remember much, but I do remember the waterfall of blood, my seat belt being too tight, and paramedics were trying to keep me awake. My mom told me, "We were driving on a very curvy road. It was pouring rain and a tornado came. We hydroplaned and we were thrown into a telephone pole. You did the protection move with your arm over your little sister, you were thrown forward into the metal head rest which severed your nose. The paramedic kept you from going into shock." I would have died that day if not for the police officer right behind us and a retired paramedic behind him.

I am told I had 4 surgeries to reconstruct my face, which I do not remember at all. My mom told me, "Your nose was in a cast for 6 weeks. I slept on one sofa and you on another facing me (pushed together) for those six weeks my hands cupped under your face so you would not fall forward in your sleep. It would have destroyed the surgery and you would have had to go through it all again." I cannot bring myself to relive the trauma by looking at the pictures from that time.

I remember my whole class sent me get well soon cards when I got out of the hospital. They were very supportive when I came back to school. When I was 9, we moved. I started a new school and I made new friends.

"I WAS 15 WHEN I FIRST WENT INTO MY PARENT'S MEDICINE CABINET."

I was 14 when the bullying began. I got called "Scar Face," "Mangled Face," and "Ugly" every single day. I remember I acted like it did not bother me at school. I didn't want them to think I was weak. I would come home and cry every day locked in my room so my family would not see. I didn't tell my parents

about the bullying. I honestly thought if I became a cheerleader, the daily terror I had experienced would finally stop and they would accept me. I was dead wrong. The constant ridicule became way worse when I started high school. I was 15 when I first went into my parent's medicine cabinet. I stole narcotics and whatever else I could find. I learned that I could escape reality and that I did not have to deal with feelings. I loved being numb, no one could hurt me if I was numb.

"BY THIS POINT, I WAS USING PAIN PILLS, BUYING ADDERALL, SMOKING WEED AND DRINKING TO HELP ME ESCAPE MY DEPRESSING REALITY."

I began doing pageants and modeling at 15 and I was signed to Model Services of New York when I was 16. When I got my pictures from my photo shoot back, I showed them to one of the girls that bullied me. I thought maybe now she will be my friend. Wrong again, she made fun of me publicly and the whole class bullied me worse. One boy would say "my goal is to make you cry every single day this year" which he accomplished. By this point, I was using pain pills, buying Adderall, smoking weed, and drinking to help me escape my depressing reality. I started skipping school and my mom (rightfully so) started cancelling modeling jobs. When she asked me about my day or what was going on with me, I lied and said everything was great, and I was pretending like I wasn't dying inside. I was surrounded by darkness; using was the only thing that would take my pain away.

I graduated high school in 2003, and my agent gave me the option to relocate to New York for work; I didn't go because I was scared to go by myself. I started working at Hooters because pretty girls

- **SHARE YOUR STORY** -

work at Hooters. I was in a different county. No one knew me. I made new friends, and my new friends liked harder drugs. I tried cocaine and methamphetamine for the first time when I was 18... I loved it. I felt nothing. I was arrested for the first time the same year. I didn't care; I continued using with no regard for the consequences of my actions. I was evicted from my apartment and my parents had to help me move home. They found all of the liquor bottles and they found out about my cocaine and methamphetamine use. I was not home long before I left again. I moved closer to Atlanta and became a Club Promoter in Buckhead. One night someone slipped something in my drink. That was the first time I was drugged with GHB. Luckily my friend got me home and she took off my boots so I could sleep it off; that's when she found my meth. She called my mom and I had to go back home. Once again, I left shortly after I came home and I moved into a drug house in Canton. I got a job and continued to use daily. This continued for years. I started shooting up heroin at 21. I was using meth, heroin, pills, alcohol, really anything I could get my hands on every single day.

because I wasn't following the rules and I was still using. I got several sanctions. I was an inmate worker in Cobb County Jail. I had an inspiring detail officer, Ms. E. She would always say "every day is a great day" and she showed me that if I can have a good day in jail sober, I can have a great day on the outside sober. That's when the seed of recovery was planted for me. One day Missy Owen and Tanya Smith from The Davis Direction Foundation came to visit the inmate workers. They told us about The Zone.

The Zone is literally the first place I came when I finally got out of jail. I couldn't believe a place like this existed. I found a safe place for my new found recovery to grow, The Zone. I felt like I was finally coming out of the darkness. I began volunteering in The Coffee Shop at The Zone. Missy offered me a job! I was over the moon; I couldn't believe it! My new position was working in The Coffee Shop, The Thrift Shop, and The Front Desk. In the summer of 2018 Missy asked me if I was interested in getting credentials and once again, I was shocked and honored.

"BY 28 I HAD BEEN USING HEAVILY FOR OVER A DECADE, AND I WAS IN A DARK PLACE. I TRIED TO TAKE MY OWN LIFE BY TAKING A MONTH SUPPLY OF SEDATIVES. I DID NOT CARE IF I LIVED OR DIED; IT WAS ALMOST LIKE DYING WOULD HAVE BEEN EASIER."

At 22 years old, I was in the Bluff with my boyfriend at the time he got arrested and my dad had to come get me in the middle of the night. I think that was the night he realized how bad my drug use had gotten. I did not care about consequences, myself, or anyone else at this point. At 23 I was arrested multiple times for petty crimes. I was stealing to support my insatiable drug habit.

By 28 I had been using heavily for over a decade, and I was in a dark place. I tried to take my own life by taking a month supply of sedatives. I did not care if I lived or died; it was almost like dying would have been easier. When I woke up in the crisis center, I knew something needed to change, but I changed nothing and continued using every day. I was arrested multiple times at age 30. Something needed to change.

I was mandated to Cobb County Drug Treatment Court at age 31. I had a rocky start in Drug Court

I obtained my Certified Experiential Specialist credential in 2018. I began Certified Addiction Counselor classes the same year. In January of 2019 I was promoted to Program Director at The Zone and I graduated from Cobb County Drug Court a month later. In February of 2021 I became a Certified Addiction Counselor. I have completely changed my life thanks to Recovery. I have meaningful relationships with people that I trust, a relationship with my family, and I am able to live a purpose-driven, self-directed life. For the first time in my life, I feel accepted.

I am grateful for the challenges I have faced in my life because I can use that experience to help others find and stay in recovery. The Zone not only saved my life, but it gave me my purpose and I could not be more grateful. I would not be where I am today without The Zone. I truly believe that through darkness, the light found me.

- SHARE YOUR STORY -



"I truly believe that through darkness, the light found me."

- sarah

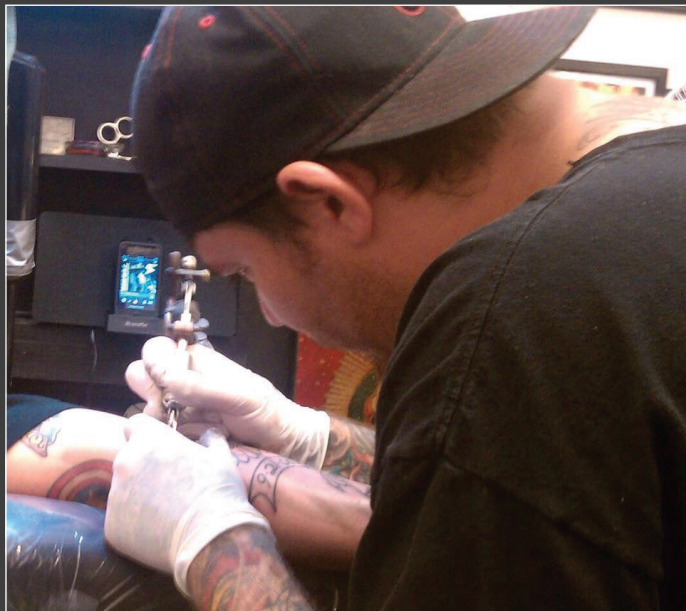
PHOTO SUBMISSIONS



Chloe and Sarah competing in their first Spartan Race. WINNERS!!!



Angie getting ready for a night on the town.... "Before"...Hey – where's the "After" pic???



Probably not so fun when it is happening.... But who doesn't love showing a new tatt to the family? - Mark



King finally earned the ability to have a car again... life is better with a set of wheels!

- FUN IN RECOVERY -

PHOTO SUBMISSIONS



A man and his SEAL??? If you can't have a dog...why not a seal or two? Nothing like living it up in California. - Jon



Cheesni' it up.. Go Pack Go! They may have lost the game, but it was not on account of Daniel's spirit!



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info@davisdirection.com

Contact The Zone for Narcan training and distribution.

 **NARCAN[®]** (naloxone HCl)
NASAL SPRAY

Choices

I've been here now for 28 days
I came here cause I've gone astray
I turned my back on God
It's what I did
Took a ride with the Devil
and down I slid
Down to the bottom out-of-control
Just to see how fast I could sell my soul
The price was right or so I thought
Damn sure didn't think I'd ever get caught
You see we have a choice from our day of birth
To live in heaven or hell right here on Earth
- Jeff L.

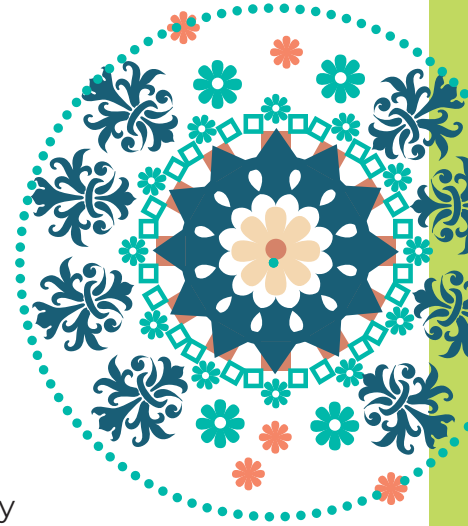
My Dream

Love light hope joy peace
recovery is all things
my life is a dream
-Anne Laynn

Recovery

A black veil has been torn from my head.
I could breathe again.
Without anxiety.
From self medicating,
to self meditating.
This metamorphosis of healing,
An utmost exciting feeling.
How could I before want to escape
A reality I never thought I could create?
Life isn't always without grief,
But the recovery family keeps me in belief.
The opposite of addiction is connection.
This life is a choice,
to have a chance to change.
And forget my past imperfections.
- Brittany R.

SUBMISSION rules



POETRY

Poems must be in line with Recovery or with the Recovery journey

- Poems must be no more than 250 words
- Please do not submit pictures with the poem
- Include your name and your sobriety date with submission
- Poems must be original work
- Sign waiver and return with submission. Waiver found at www.davisdirection.com

ART

- Art may be any medium
- Please use high resolution images
- Art will be blown up or shrunk down to 5 x 7 size
- Include your name and sobriety date and a brief statement about the work of art.
- Art must be original work
- Sign waiver and return with submission. Waiver found at www.davisdirection.com

QUOTES

- Quotes must be no longer than 25 words
- Please include source and author
- Include your name and sobriety date along with a head shot of yourself
- No profanity will be permitted in the quotes

STORIES

- Please keep your story to no more than 750 words.
- Include your name and sobriety date along with a picture of your journey.
- You may include a before and after picture of yourself.
- Sign waiver and return with submission. Waiver found at www.davisdirection.com

FUN PHOTOS – CONTEST

- 1st prize \$100 | 2nd prize \$50 | 3rd prize - \$25;
- Submit to info@theddfzone.com
- Theme – Recovery FUN - Write a caption to accompany your photo
- Sign waiver and return with submission. Waiver found at www.davisdirection.com
- All people in picture must sign publishing waiver.

Please email all submissions to info@theddfzone.com

RECOVERY COACH ACADEMY



CONNECTICUT COMMUNITY FOR ADDICTION RECOVERY

(CCAR) HOME OF THE NATIONALLY RECOGNIZED RECOVERY COACH ACADEMY, THE LEADING TRAINING PROGRAM FOR RECOVERY COACHES WORLDWIDE

THE ZONE recently had the thrill of conducting its first CCAR training. The first training was a combined Ethics and Professionalism training, soon to be followed by the Recovery Coach Academy training. Working with CCAR has been a blessing as we now have 5 Recovery Coaches, in house, who only have to pass their oral examinations to become Nationally Designated by CCAR.

Working closely with the staff at CCAR as well as Jesse Heffernan, Helios Recovery, and Randy Anderson, Bold North Recovery, has provided the expertise THE ZONE needed to become a fully vetted staff.

CCAR's Center for Addiction Recovery Training (CART), a global leader in quality recovery coach training, bases all offerings on fundamentals of coaching excellence – the art and science.

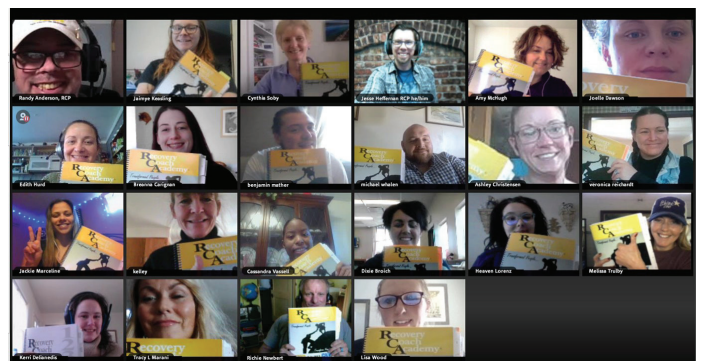
CCAR found that by seamlessly blending the training of both the art and science of Recovery Coaching, they were able to tap into what makes an excellent recovery coach. It's through that transformation, people change their own lives while saving the lives of others.

One of our own staff members chose to go above and beyond and become a trainer of trainers. KUDOS to Daniel Spinney, our CCAR trainer and Recovery Coach Extraordinaire who continues to excel in this field. Our hope for the future is to become the

Southeast training center for CCAR as we continue to offer quarterly training. Our next training will be May 17 – 21; and June 21 – 24. Register now by calling THE ZONE 770-693-5982 and asking for Daniel.

Thanks to Jesse Heffernan and Randy Anderson, our Midwest role models. Jesse also trained our trainers, Daniel and Diane. We certainly appreciate their efforts and hope to aspire to their level as we continue to train.

Thank you also to Stacy and Mayasha from CCAR for their leadership and guidance as we embark on this journey.





“ I am really excited that we are partnering with The Zone to bring the CCAR Curriculum to Georgia. By offering the Recovery Coach Academy, our supplemental trainings will truly help to build a workforce of professional Recovery Coaches!”
- Stacy Charpentier

“I joined CCAR in January of this year and quickly developed a working relationship with Mr. Daniel Spinney, Authorized Facilitator of CCAR training. His enthusiasm around getting more recovery coach training to The Zone and helping others is inspiring and reminds me of why I do this work. The Zone is doing great things and I look forward to being a part of their journey as they continue to support and put a face to recovery.”
– Maysha Zakrevskyy



“We couldn’t let a global pandemic stop building our army of recovery coaches. Because of the determination of so many like-minded people, we moved everything online to what was previously uncharted territory for peer recovery workforce development. In all honesty, I think COVID-19 helped us reach people that we couldn’t reach before because of geographic barriers. There really are no borders in the online world and because of that, we have been able to train more than 100 recovery coaches from ten or more states and three different countries. One thing I know for sure is people in recovery are some of the most intelligent, resilient, and creative people anywhere.”
-Randy Anderson



“Although The Recovery Coach Academy had already been established as a leading training across the country, it has become even more relevant and important with the current state of physical distance and social isolation. People have been able to access training and support with new digital platforms to grow in recovery and find their pathway. I see the Recovery Coach role as one that disrupts the status quo of profit-driven, punitive approaches and transforms it into healing-centered, strength-based care and that is why I continue to be a trainer.”
- Jesse Heffernan RCP

- COMING UP -

IN OUR NEXT issue

FLEACATIONS - Are you a Flea Market Lover??? Did you know there is a Flea Market that stretches from Michigan to Alabama? In our second quarter magazine you can find out about these great opportunities in our Cheap Stays/Fun Plays section.

Dustin Luther Wilkes is our **SHARE YOUR STORY** author for Volume 1 Issue 2. Singer/Songwriter/Actor Dustin Luther Wilkes dubbed the “Singing Marine” was awarded the much-coveted Navy Marine Corps Achievement Medal, and was recognized as the only marine in military history to receive the award for writing a song.

SHE SHED Makeover – who doesn’t want a “She-Shed” in the backyard for keeping all the tools and accessories for yard beautification in one place. Join us next quarter for this easy and economical makeover, consisting mostly of items that can be found at any Thrift Store.

Living off the Land – time to plant that garden...Learn how to live off the land with organic gardening, from farm to table kind of living.

EFT – Diane Sherman – Has Covid and its issues got your anxiety a little out of control? Learn the Emotional Freedom Technique to use as the Great Equalizer! Tapping is the one stop shop for lowering anxiety and putting things into perspective. Dr. Diane Sherman will explain and instruct you in the delivery of EFT in our Summer issue.

Financial Strategies - Next month in finance, the question that needs to be addressed is where to take the savings and maximize earning potential. There are many options available today, but just a basic rule of thumb, you need to have a few months of expenses sitting in an account such as savings that is readily available to you should emergencies arise.

Human Intervention Motivational Study - HIMS is an occupational substance abuse treatment program, specific to pilots, that coordinates the identification, treatment, and return to work process for affected aviators. It is an industry-wide effort in which managers, pilots, healthcare professionals, and the FAA work together to preserve careers and enhance air safety.



#8 DEBATES

Android or [Iphone](#)
Playstation or [Xbox](#)
Science or [Arts and Lit](#)
[Pancakes](#) or Waffles
Cats or [Dog](#)
Chips Ahoy or [Oreos](#)
Fiction or [Non-Fiction](#)
[Nike](#) or Adidas

#3 TRUTHS

Favorite place you have ever visited? – [Cayman Islands](#)

What Superpower would you pick?– [Teleportation](#)

What is one thing you can't live without? - [Recovery](#)

Leftover medications can lead to

accidental poisonings • diversion • misuse • overdoses • suicides



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