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# Shelly Marshall

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## SUMMARY

As an Addiction Recovery Specialist, my most significant contributions in the mental health field have come from my career as an author and published researcher. In addition to the websites I maintain for young adult addicts and their parents and my pioneering work in methods for stopping emotional abuse, my self-help books have sold in the millions. I am particularly proud of the ground breaking research I have accomplished in adolescent recovery and most recently the development of web-based self help programs and information for teaching self-respect. I use solution-oriented approaches to life changes rather than focusing on problems.

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## CAREER HISTORY

**2000-Present** Small publishing house for addiction recovery market

**2004-Present** Personal Recovery Assistant for *Hired Power*. Huntington Beach, California.

**2001- to Present** Book Reviewer: MentalHealth.net

**2000-to 2004** Webmaster and hosting for drug prevention, 12-step programs, and latch-key kids web sites.

**1998-to Present** Implemented five programs for counties in Virginia with self created Internet-based prevention programs using block grants.

**1991-to Present** *Representative NAN Foundation (Russian Charity)*,

I have worked with NAN (No to Alcohol & Narcotics), as a consultant, trainer, program developer, and their representative to the **United Nations**.

**1977 to Present** *Educator & Keynote Speaker*

I teach addiction certification schools internationally, do seminars and workshops, and am billed as the keynote speaker at various conventions and other functions. I have appeared at The Betty Ford Center, Father Martin's Ashley, Old Dominican University, and the Moscow Institute among others.

**1980-1984** *Marine Deputy, Bonner County, Idaho*

I was the first female deputy put in the field in Bonner County.

**1975-1978** *Therapist, St Luke's Hospital, Denver, Colorado*

Organized one of the first young people's addiction recovery programs in the country.

**1974-1975** *Alcoholism Community Program Developer, Cortez, Colorado*

Developed a detox center for the Ute, Apache, and Navajo Indians in Cortez on a state grant.

**1970-1977** *Board of Directors & Co-founder, Hand of Hope, Denver, Rehabilitative home for the addicted.*

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## ACADEMIC BACKGROUND/CREDENTIALS

Certified Substance Abuse Counselor, Number 0710101734-Virginia.

Bachelor of Science, Human Services-Drugs/Alcohol--Metropolitan State College, Denver Colorado, 1978

230 hours of Continuing Education

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## CIVIC, PUBLIC, & COMMUNITY ACTIVITIES

- Board Member. Tok Chamber of Commerce (2013-present)
- Board Trustee for Hideaway Valley Property Owners Association (2011-12)
- Search and Rescue, Bonner County, ID (1982-1987)
- Former Member Community Involvement Team, King William County, VA (2000-2004)
- Former Board of Directors, Council on Youth, Charles City County, VA (1999-2004)
- Member INCASE (addiction educators) 1999-Lifetime
- Board Member of National Institute on Chemical Dependency, Arizona
- Former Board of Directors, Serenity House, Newport News, VA Held office of Vice Chair (2000-2002)
- NGO Representative to the United Nations for Russian Charity, NAN (1998-present)
- Action Alliance Leader, Voice for the Children (1999-Lifetime)

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## ACCOLADES

Excellence in Writing Award from Rocky Mountain Writer's Guild (1977)

NWA book-length contest, sixth for TEENAGE ADDICTS CAN RECOVER (1991)

NWA Short Story contest, first place (1992) for 'Harvesting the New Man.'

NWA Short Story contest, placed, (2000) for 'Does God Wear Tennis Shoes?'

Patent Number 5,065,699 Pet Coach Cab Extender Cage

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## PUBLICATIONS

### Professional Papers

- 1993: Treatment Paternalism in Chemical Dependency Counselors. "International Journal of Addictions," 28(2), 91-106, 1993
- 1993: Homogeneous Versus Heterogeneous Age Group Treatment of Adolescent Substance Abusers " American Journal of Alcohol and Drug Abuse" 19(2),pp 199-207, 1993
- 1994: Characteristics of Abstinent Substance Abusers Who First Sought Treatment in Adolescence." Journal of Drug Education" Vol. 24(2) 151-162, 1994
- 1999: The Multigenerational Treatment Setting. "The Journal of Addictive Diseases" Vol. 18 (4) 1999
- 2001: Rapid Detox-Panacea or Dangerous? "Ежемесячный Журнал, Нарконетъ Россия Без Наркотиков" (Monthly Journal, Narkonet, Russia Without Narcotics) Vol 9-10 (12) 56-57 2001
- 2018: HOA power relationship, problem-solving, and communication patterns during a major building renovation construction crisis. "Housing and Society," ISSN: 0888-2746 (Print) 2376-0923 (Online) Journal homepage: <http://www.tandfonline.com/loi/rhas20>

### Self-Help Books

DAY BY DAY (Hazelden Publications, MN 1974)

YOUNG, SOBER & FREE (Hazelden Publications, MN 1979)

Both books picked up by Harper & Row (San Francisco 1987)

TEENAGE ADDICTS CAN RECOVER (Gylantic, Littleton, CO 1992)

THE POWER OF TOUCH (Safo, Moscow, Russia 1993) In Russian. For teenage sexual issues.)

HOURLY TO HOURLY (Twelve, Moscow, Russia 1994 in Russian/Pocket Books, New York 2001)

YOUR DREAM OF RECOVERY (A.R.E., Virginia Beach, VA 1995)

HOURLY TO HOURLY (Pocket Books, imprint of Simon & Schuster, New York, 2001)

POCKET SPONSOR (Day By Day, VA, 2003)

SOBER COACHING YOUR TOXIC TEEN (Day By Day, Recovery Resources, AZ 2007)

FACILITATOR GUIDE for Sober Coaching (Day By Day, Recovery Resources, AZ 2008)

KNOWN CURES FOR ALCOHOLISM AND OTHER DRUG ADDICTIONS (Day By Day, Recovery Resources, AZ 2008)

WALK SOFTLY AND CARRY A BIG BOOK (Day By Day, Recovery Resources, AZ 2008)

RESPECT-ME RULES (Cedar Fort, Springfield, UT 2010)

12 STEP DREAM WORK (Day By Day, Recovery Resources, AZ 2012)

SITTING IN PICTURES (Day By Day, Recovery Resources, AZ 2012)

COLOR ME SOBER (Day By Day, Recovery Resources, AZ 2017)

### Children's

"Things on Strings" *Children's Playmate* (New York, NY 1978)

Does God Wear Tennis Shoes? National Writer's Association Short Story contest, placed (2000)

ROOTY TOOT RAMBLER, Finds a Home Author and illustrator (Rhyming Picture book. Grant, Community Involvement Team, King & Queen County, VA 2003)

### Periodicals

- *Recovery Today* San Diego (2017) War Cries
- *InRecovery*, Scottsdale AZ (2015)
- *Community Newspapers*: Capital Hill News (Denver, CO 1977-78); Priest River Times (Priest River, ID 1980-1985); Mukluk News (Tok, AL 1989-2008); Intrepid Reporter (Landers, CA 1993-95)
- *Magazines*: Western RV (Portland, OR); RV West (Seattle WA); Venture Inward (Virginia Beach, VA); Saturday Evening Post Children's (New York, NY); New Age Retailer (Bellingham, VA); Convergence (Concord, NH); The Friend (Salt Lake, UT)
- *Recovery Papers*: Spirit of the Times (Denver, CO); Challenges (Grand Rapids MI); Choices (Virginia Beach, VA); Steps (Sherman Oaks, CA) ; Positive Alternatives (Sandy, Utah); Phoenix (St. Paul, MN); We (Pittsburgh, PA); New Times (San Jose, CA); 12 Step Times (Spokane, WA) Living Large (Grand Rapids, MI); Road Song-The Journal of Clean & Sober Motorcycling (Santa Cruz, CA)
- *E-zines*: Friends of Bill W & Jimmy K; Empty Bottle; Opportunity of Adolescence; Hope & Healing Chronicles; Ask Shelly Advice Column; Sober Times; Promises; Self-Growth Web Site
- *Editor*: NAN Newsletter. Quarterly publication for the NAN Foundation out of Moscow Russia