

Mark Houston Addiction Recovery Center Launches 3 New Educational Resources

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Press release from: [The Mark Houston Recovery Center](#)



Texas-based Mark Houston Recovery Center, renowned for its holistic approach to drug and alcohol recovery, has launched three new series of educational resources that highlight the harsh realities of addiction as well as an action plan for becoming sober.

Working in conjunction with police departments around the country, the Mark Houston Recovery Center developed the unique ‘Wake Up!’ Series (www.markhoustonrecovery.com/law-enforcement.php) targeted at individuals who have experienced legal ramifications as a result of their drug and alcohol addiction. The downloadable police department drug and alcohol resource series paints a candid and brutally honest picture of the realities of heroin addiction, methamphetamine addiction, alcoholism, and cocaine abuse.

“It seems logical that an arrest would be enough for people to sober up, but those who are wrapped up in the insanity of addiction use skewed logic to justify their actions and the outcome of their actions. I believe that our educational materials and our programs are so successful because we’re coming at the problem from two perspectives—that of the addict and that of the recovery expert,” says Mark Houston, President of the Mark Houston Recovery Center.

As part of their mission to attack drug and alcohol abuse before it becomes out of hand, the team developed a second set of publications aimed at college students. “A lot of bright people become addicts or alcoholics after 4 years in a college setting. Many college campuses inadvertently allow this to happen to their students by not providing any materials about the dangers of substance abuse.”

The Center has publicly asked college administrators to take a stand against this inaction by making these resource materials (www.markhoustonrecovery.com/education.php) readily available around campus or by linking to the resource page on the university’s website.

To complete the collection of resources, the Center has also begun development of a series entitled “Twelve Steps in Twelve Months,” (www.markhouston.com/12steps12months.php) aimed at those who realize that they have a problem with drug and alcohol addiction and need honest, actionable, steps on how to face the challenge.

The information in this series directly corresponds with the program philosophy of the Mark Houston Recovery Center which has achieved notoriety for its ‘outside the box’ approach to drug and alcohol recovery. At the core of the Center’s philosophy is the belief that individuals must practice living the principals of the 12-step program on a daily basis, but more importantly that they must find healthy ways to address the problems that drugs and alcohol mask.

Houston designed the program based on his own experience with alcohol recovery more than 25 years ago. Houston says he lived miserably in sobriety for almost 8 years before he learned how to live a life of joy, abundance, and authenticity. “Our programs don’t only teach men on how to rid drugs and alcohol from their lives, but how to create wellness, balance, and happiness from within where the addiction once was,” says Houston.

The team has recently launched a blog (www.markhoustonrecovery.com/blog) where staff members will provide information, strategies, insight, and reaction to the latest events and findings about drug and alcohol use, abuse, and recovery. Says Houston, “nothing makes us more satisfied than knowing that we have connected with an addict and given him or her the courage to take back their life. With these resources, our desire is to pass this power of connection along to family members and others with the power to positively influence an addict’s future.”

The Mark Houston Recovery Center is a Texas drug and alcohol recovery center that offers a 90-day program for males designed around the principals of the traditional 12 steps to recovery. The team is passionate about its mission to help men free themselves from alcohol and drug addiction and recreate and reclaim their lives.

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[You can find this press release here](#)