

## **Rapid Expansion of Texas Drug and Alcohol Recovery Center Shows People Need New Approach to Recovery**

*Celebrating its one year anniversary, the Mark Houston Recovery Center reflects on its growth in an effort to meet the growing demand for its unique system of drug and alcohol recovery.*

August 10, 2007 (FPRC) -- (Manor, TX) Judging only by the highly publicized relapses of pop stars in headlines, it would seem that drug and alcohol treatment centers simply don't deliver results. However, the rapid expansion of one Austin Texas area alcohol and drug rehab center shows the public's desire for a recovery experience with a different approach than that of strictly clinical recovery programs.

To meet the demand for its style of drug and alcohol rehab, the Mark Houston Recovery Center has made dramatic expansions in its first year of operation. Since opening its doors just one year ago, the center has added two residential living houses, increasing its bed capacity from 25 to 40 to serve those suffering from alcohol and drug addiction. The Center will soon undergo another expansion; a 3500 sq. foot building which will house a meeting hall, gym, and four offices to better meet the needs of the residents.

"There is a desire for permanent sobriety and an abundant life from alcoholic and drug addicted men who have not been able to stay sober. Though many people who come to us have been through several treatment programs, they still have not gained the fulfillment necessary to lead a life of permanent sobriety," says Mark Houston, President of the Mark Houston Recovery Center.

Houston says that what makes the Mark Houston Recovery Center so attractive for men recovering from addiction is the program's focus on creating an environment where individuals can live out the principals of the twelve-step program rather than gaining only a cognitive understanding of these critical practices.

"The Mark Houston Recovery Center is designed not only to help men learn how to live a life of sobriety, but to find joy and abundance in their new life," explains Houston.

The alcohol and drug relapse prevention center teaches men how to reclaim their lives with programs that teach financial sanity, leadership skills, goal setting, and incorporates a refreshing physical fitness program. Houston says that the fact that the mansion-style center is situated on 70 beautifully manicured acres of rolling Manor Texas landscape plays a large part in the recovery process as well.

"When people are surrounded by a physical environment of peace and tranquility, it's almost impossible not to internalize some of these feelings; a necessary part of living a life of permanent sobriety," says Houston.

The Mark Houston Recovery Center is a gender-specific drug and alcohol rehab center, working only with adult males who have already participated in a drug and alcohol treatment center. Many seeking help here have relapsed after treatment; others seek a longer continuum of care following a short term treatment program.

About Mark Houston Recovery: The Mark Houston Recovery Center is a Texas drug and alcohol recovery center located outside of Austin that offers a 90-day program for males designed around the principals of the traditional 12 steps to recovery. The Mark Houston Recovery Center has played an active role in the addiction education by partnering with law enforcement agencies and universities with a series of downloadable materials. These materials can be downloaded in PDF form from the Center's website at <http://www.markhoustonrecovery.com>.

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