

Texas Drug and Alcohol Recovery Center Relapse Prevention Results Exceed Averages

Residents of the Mark Houston Recovery Center are finding the guidance they need to live a life of permanent recovery during their experiences at the Center's unique three month recovery program.

August 23, 2007 (FPRC) -- (Austin, TX) An assessment conducted one year after the opening of the Mark Houston Drug and Alcohol Recovery Center (<http://www.markhoustonrecovery.com>) shows higher than average alumni success rates when compared with statistical averages.

While studies have shown that 54 percent of all alcohol and other drug abusers can be expected to relapse after completing a program, those who have completed the unique three month program at the Mark Houston Recovery Center experienced relapse at a rate of only 27 percent.

A full 70 percent of men who have started the Mark Houston Recovery Center program followed it through to completion and of those, 45 percent have re-located to the Austin area and continued in a transitional living or half way house situation. Between 30 and 35 alumni regularly attend the Center's Thursday night support group called the Fourth Dimension Group.

A survey of residents offers insight about why the Mark Houston Recovery Center model is so effective:

- All male residents and staff
- Staff model recovery at the highest levels
- Program flexibility
- Program models real life
- High staff to resident ratio
- Daily schedule builds discipline and accountability
- Staff makes being sober and responsible fun
- Environment is "awesome"
- Nutrition and physical work out plan is first class
- Work all 12 steps
- Held accountable for all actions
- High exposure to recovery community
- Consistent message

"The ideas and practices we teach and model at the Mark Houston Recovery Center are truly changing the lives of these men," says Mark Houston, founder and president of the Mark Houston Recovery Center. Every resident admitted to the Mark Houston Recovery Center has already participated in at least one clinical treatment program and either has relapsed or is seeking a longer continuum of care to avoid relapse.

Houston has lived in sobriety for 25 years after his own struggle with alcohol addiction. He designed the recovery center program not only to help men free themselves from their addictions, but also to find joy in a life of sobriety. During their three month stay, residents work through and live out the principles of the 12 Step Program, the most widely used drug and alcohol recovery model

world-wide.

“I am so pleased at the results we’ve had and how much we have helped these men. Some of our residents have been to numerous treatment centers and say that no experience they’ve ever had comes close to what they experience here,” says Houston.

About The Mark Houston Recovery Center: 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 principles 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 drug rehab center’s website.

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