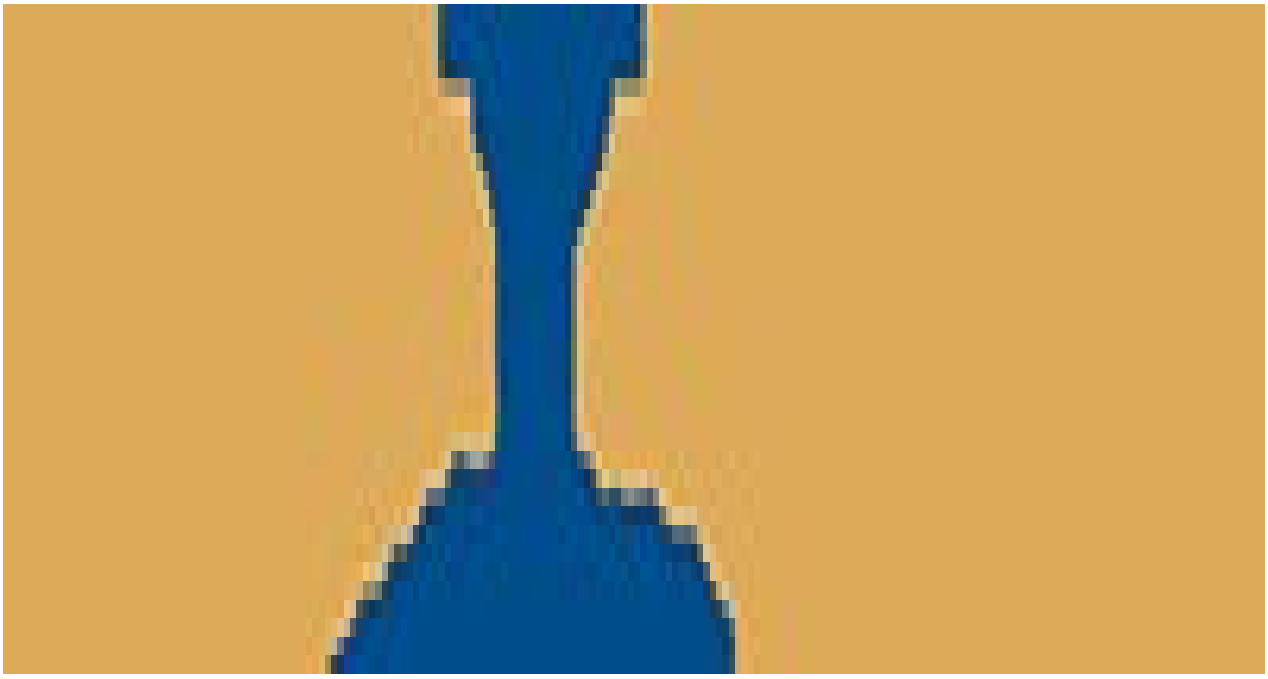


This is How This Team is Rebounding from Addiction Through Basketball

October 07, 2019

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Anaheim, California - Winning the game is something many players strive for when they play basketball but for the Anaheim Lighthouse Basketball Team, the goal is more than just that. The team that participates every Sunday in the Anaheim Adult Basketball League is composed of former residents and staff of Anaheim Lighthouse, an addiction recovery facility in Southern California. While the players certainly practice and give their best at every game, what?s more important is how basketball can help them in their recovery process.

Numerous studies support that engaging in team sports such as basketball can be beneficial for people who are recovering from substance abuse. Participating in sports has also been shown to improve mental health, alleviate depression, and develop self-esteem. These factors play a big role when it comes to people who are working to overcome their addiction struggles.

According to Jocel Bibera, alumni coordinator of Anaheim Lighthouse, creating the basketball team is a great opportunity for their former residents to engage in sober and healthy activities that support an active lifestyle.

?We feel that by encouraging participation in basketball tournaments such as this, our alumni can develop

skills such as team building, determination, and cooperation. At the same time, it serves as an enjoyable stress reliever as well,? said Bibera.

For the former residents of Anaheim Lighthouse, being part of the team not only gives them a chance to enhance their fitness and sports skills, but it also creates a community amongst players.

Johnny Ozmint, a counselor at Anaheim Lighthouse, shared that members of the basketball team who may not have been close before, have developed a strong bond with one another. ?Having this basketball team is a great way to create a strong brotherhood while participating in a healthy, fun, and sober activity!? said Ozmint.

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For more information about Anaheim Lighthouse, contact the company here:Anaheim LighthouseAnaheim Lighthouse(714) 384-3339 ext. 232alim@lighthousetreatment.com1320 W Pearl St, Anaheim, CA 92801(800) 736-9295

Anaheim Lighthouse

Anaheim Lighthouse provides drug detox and addiction rehabilitation in Orange County, Southern California. Along with providing substantial dual diagnosis therapies, over 20,000 people have recovered from alcoholism and drug addiction through Lighthouse.

Website: https://anaheimlighthouse.com

Email: alim@lighthousetreatment.com

Phone: (714) 384-3339 ext. 232

