Lighthouse Treatment Center Alumni Team Claims Championship in Anaheim Adult Basketball League

December 22, 2023

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Anaheim, California - The alumni basketball team of the Lighthouse Treatment Center, a drug and alcohol treatment facility in Anaheim, California, has emerged victorious as the Sunday Blue Division Champions in the Anaheim Adult Basketball League held from October to December 2023. Composed of alumni members and staff from the renowned drug and alcohol recovery facility, the team's success is a testament to the power of sports in aiding the recovery process.

Johnny Ozmint, a counselor at the Lighthouse Treatment Center and the team's long-standing coach, reflected on his experience coaching the team for over a decade. He commended the players' unwavering support for one another, even during challenging seasons.

Ozmint shared, "The men who have competed for us throughout the years hold a special place in my heart. They consistently demonstrated support for each other, even during a few winless seasons, and remained humble in victory, like when they triumphed in the Anaheim City championship. In the photograph, they can be seen pointing to the heavens, expressing gratitude. Additionally, on behalf of myself and all the teams we have ever had, I would like to extend a heartfelt thank you to Peter Davidson, President of the Lighthouse,

who has always been wholeheartedly dedicated to this project."

The Lighthouse Treatment Center has always been committed to promoting a holistic recovery approach, recognizing the importance of physical activity in the journey towards sobriety. Team sports, in particular, have been proven to be beneficial in promoting healthy habits and social connections, both of which are essential for long-term recovery.

The alumni basketball team's championship win serves as a reminder that recovery is not just about overcoming addiction; it is also about rebuilding one's life and finding purpose through meaningful activities. It's an embodiment of this philosophy, not only for its players but also for the broader community.

For the players, the basketball league served as more than just a competition. It provided them with a platform to engage in a healthy sport, boost their self-esteem, and strengthen their sense of camaraderie. The team's remarkable journey from participating to winning games and securing a championship has been an incredible achievement for all involved.

Chris Ta, one of the alumni members and long-time team player, expressed his gratitude towards the Lighthouse basketball team, stating, "The Lighthouse basketball team has helped me stay sober and has been a constant reminder that in basketball and sobriety, you need a support system to help you win."

Another player, Daniel Ca., highlighted the significance of Alumni Sports as a pathway to sobriety. He shared, "Being part of a team where people rely on me is enough to keep me sober for that day."

The Lighthouse Alumni Program plays a vital role in the treatment center's comprehensive approach to recovery. It is a testament to Lighthouse's commitment to fostering a supportive community that extends beyond the period of treatment. Their involvement in sports, exemplified by the championship-winning alumni basketball team, illustrates the importance they place on physical health and teamwork in the recovery process. Furthermore, the program also emphasizes family activities, strengthening bonds and promoting positive interpersonal connections, vital for sustainable sobriety.

Notably, the Lighthouse Alumni Program organizes regular family events, such as outings and support group sessions. These activities serve as a platform for alumni and their families to connect, share their experiences, and grow together. They promote a nurturing environment that encourages open communication, mutual support, and empathy. The program also promotes participation in community service, instilling a sense of social responsibility and purpose among its members.

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Lighthouse Treatment Center

Lighthouse Treatment Center is a complete-care drug and alcohol detox and addiction treatment facility in Orange County, California, and has helped over 20,000 people recover from alcoholism and substance abuse over 20 years of business.

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