Sacred Journey Recovery Publishes New Resource on Methamphetamine Holistic Addiction Treatment for Men

September 29, 2025

VISTA, CA - September 29, 2025 -
Sacred Journey Recovery has released a new online resource focused on "holistic treatment approaches for men struggling with methamphetamine addiction". The article explores how evidence-based therapies, combined with nature-based experiences, can support patients in building resilience and long-term recovery.

Methamphetamine misuse remains a pressing concern in California and across the United States. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), nearly 2.5 million people reported methamphetamine use in 2021, with men disproportionately represented in treatment admissions. The stimulant?s impact on cardiovascular health, brain function, and emotional regulation makes comprehensive care essential.

The newly published resource outlines how Sacred Journey Recovery integrates clinical practices such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Narrative Therapy, and QEEG brain mapping with outdoor-based programming. This multi-layered approach is designed to help patients confront both the physiological and psychological dimensions of addiction.

CBT and DBT are highlighted as tools that allow patients to better manage thought patterns, regulate emotions, and establish healthier coping strategies. Narrative Therapy is emphasized as a way to reshape identity beyond the label of addiction, while ACT promotes aligning personal values with actionable steps in recovery. QEEG brain mapping, a neurofeedback-informed process, adds a scientific layer by identifying areas of brain activity impacted by stimulant use and providing a foundation for personalized treatment.

The resource also underscores the importance of physical engagement and wilderness immersion. Adventure-based activities such as hiking, rock climbing, and outdoor group work are presented as opportunities for patients to test their resilience in real time. The integration of nature into recovery has been

supported by research from the National Institutes of Health, which notes that structured outdoor experiences can reduce stress and improve cognitive function during substance use treatment.

Sacred Journey Recovery?s men-only focus provides a structured environment where patients can address addiction in the context of masculinity, accountability, and peer support. This framework fosters camaraderie, which has been linked to improved retention rates in treatment programs, according to the Journal of Substance Abuse Treatment.

In addition to highlighting therapeutic methods, the article connects these approaches to the recovery landscape of North County San Diego. People seeking addiction treatment near Vista, Encinitas, Del Mar, Rancho Santa Fe, Solana Beach, La Jolla, Coronado, Scripps Ranch, Torrey Pines, Pacific Highlands Ranch, Shadowridge, and Vista Village will find context on how location-specific factors such as access to coastal and inland outdoor settings enhance experiential therapies. By weaving in these communities, the resource situates holistic care as part of a broader regional recovery ecosystem.

The article further points to relapse prevention and aftercare as key components of lasting sobriety. Continued accountability and access to outpatient or intensive outpatient programming allow patients to practice skills learned in treatment while maintaining connections to supportive environments.

Sacred Journey Recovery?s publication reflects a growing interest in non-12-step and holistic approaches to substance use treatment. While many centers rely exclusively on talk therapy or medication management, the inclusion of experiential therapy and mindfulness practices offers patients an alternative path. By grounding recovery in lived experiences rather than abstract concepts alone, the program encourages patients to rediscover strength through action.

This resource aligns with broader state and national goals of addressing stimulant-related harm. California?s Department of Public Health has reported that methamphetamine contributes to a significant proportion of drug-related emergency visits. Holistic, gender-specific approaches like those discussed in the article represent one way treatment centers are adapting to meet the evolving needs of patients and communities.

The publication is available through Sacred Journey Recovery?s official website, providing families, patients, and healthcare professionals with a comprehensive overview of how holistic treatment can support men facing methamphetamine addiction.

###

For more information about Sacred Journey Recovery, contact the company here:Sacred Journey RecoveryDrew Anagnostou760-888-5202info@sacredjourneyrecovery.com161 Thunder Drive #214, Vista,

California 92083

Sacred Journey Recovery

Sacred Journey Recovery is a men-only addiction treatment center in Vista, CA. Providing compassionate, holistic care, integrating evidence-based therapies, spiritual exploration, adventure therapy, and the restorative power of nature.

Website: https://sacredjourneyrecovery.com/

Email: info@sacredjourneyrecovery.com

Phone: 760-888-5202

