

Halloween Outing Helps Rehab Alumni Overcome Horrors of Addiction

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Anaheim, California – The [Lighthouse Treatment Center](#), a drug and alcohol treatment facility in Anaheim, California hosted a trip for its former residents to Knott's Scary Farm on October 26, 2019. The annual Halloween outing is part of the center's Alumni Program that aims to help its members achieve long-term sobriety.

Jocel Bibera, Alumni Coordinator of the Lighthouse, shares that incorporating activities into the Alumni Program during special events like Halloween is important because it makes their alumni discover that they can still have fun in sobriety.

“It was surprising to learn that many of our alumni members are from Southern California and yet, it was their first time to go to Knott's Scary Farm. By introducing this new experience, we want our alumni to feel that life in recovery can be exciting and fun. They do not need drugs and alcohol to enjoy special events like Halloween,” said Bibera.

According to Bibera, the trip to Knott's Scary Farm does not only serve as a form of entertainment for the Lighthouse alumni, but also as a unique way for them to face their fears and overcome the struggles that they are experiencing.

“People in recovery often struggle with fear, depression, and anxiety. Going on a scary Halloween experience can be an outlet for them to loosen up and overcome these negative emotions. At the same time, it's a chance for them to [develop fellowship in sobriety](#),” said Bibera.

Louise C., a Lighthouse alumnus, shared that the outing allowed her to try new experiences she would have never done before. “Going to Knott's Scary Farm was an awesome time. I normally don't ride rollercoasters but I had fun trying them out for the first time. I had a blast because everything was a new experience.”

Another Lighthouse alumnus, Chris P., said that he appreciated the opportunity for him to spend time with other members of the program. “I loved the Knott's Scary Farm event. I got to spend time with my alumni family and go on some really fun rides. It was fellowship at its finest.”

[Knott's Scary Farm](#) is Southern California's largest and most haunting experience with the theme park transformed into a Halloween extravaganza. It features scary rides, haunted mazes, and many horrifying attractions that will frightfully entertain.

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