

About Alex Zemeckis, MA
Owner/Founder, The Grounds Recovery

For almost a decade, Alex has worked in the addiction treatment & mental health communities helping young adults find new ways to live. Alex's earned a Bachelor of Arts degree from San Diego State University and a Master's Degree in Spiritual Psychology at the University of Santa Monica. Throughout his career, Alex has worked in various direct care and administrative roles including sober coaching and companion work, admissions, business development and outreach and as a residential mentor for a prominent treatment program in Colorado. As a featured speaker, Alex maintains a presence within the Recovery world sharing his experience, strength and hope with those still struggling with addictions. In 2013, Alex launched The Grounds Recovery in San Diego putting into action the skills and lessons he learned throughout his own personal and professional journey. As CEO at The Grounds, Alex personally oversees the admissions and business development departments and mentors Grounds members' by sharing his passion for the outdoors, the ocean and yoga.