



THE HEALING SANCTUARY



# The Parent Plan

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## Help Without Enabling

A Resource from The Healing Sanctuary,  
Centennial Hills, Las Vegas

# THE HEALING SANCTUARY

If you're reading this, it probably means you're worried about your son. You've had sleepless nights, said countless prayers, and tried everything — programs, therapy, even medication — yet nothing seems to create lasting change.



Hi, my name is Damon Damato, founder and master facilitator of The Healing Sanctuary in Centennial Hills, Las Vegas. For years, I've walked alongside young men in crisis — mentoring them through addiction, depression, anxiety, and loss of direction — while guiding parents who want to help their son without enabling him or losing themselves in the process.

Most parents I meet have tried everything they can think of. There's no shortage of love or effort — just the exhaustion that comes from carrying it all, giving everything you have, and still searching for what works.

## What we offer at The Healing Sanctuary is more than treatment – it's transformation.

At The Healing Sanctuary, we do things differently. We don't just talk about the problem; we reset the body and nervous system so the mind can heal. We use breathwork, fitness, cold plunges, mindfulness, nutrition, and mentorship to help young men find resilience and purpose. And we give parents the tools to support them without enabling, to set boundaries without guilt, and to finally breathe again themselves.

In this guide, I'll share insights from years of mentoring families, along with wisdom from leading experts including Bessel van der Kolk, Shefali Tsabary, Harriet Lerner, Richard Reeves, Warren Farrell, Anna Lembke, Johann Hari, and Yung Pueblo. Each chapter reflects a story I've seen countless times: what parents experience, what's really happening beneath the surface, and how healing begins — both for your son and for you.

My hope is that you find comfort, clarity, and a new sense of possibility in these pages — and remember: change is not only possible. *It's here.*



## 1. “Why can’t my son just stop?”

### **What we hear from moms:**

“I’ve watched him quit a hundred times — the weed, the drinking, the endless nights online. Each time I dared to hope, the cycle started again. I feel confused — why can’t he just stop?”

### **Damon’s Insight**

Relapse isn’t just about willpower. As Dr. Bessel van der Kolk explains in *The Body Keeps the Score*, trauma doesn’t just live in memory — it lodges in the body, locking the nervous system in survival mode. When this is the case, the mind can’t simply “will” its way out of fight or flight and into rest and digest.

That’s why I turn to the body first. In my work with young men, I get to see how powerful it is when they discover self-regulation — the ability to access the power within and steady themselves in the storm. By teaching them how to pivot from anxious and overwhelmed into calm, cool, and collected, they realize emotions are information, not identity — and they learn how to respond instead of react. The breath becomes their on-demand secret weapon to move through any situation, a skill they can sharpen for the rest of their life.

### **The New Path**

At The Healing Sanctuary, we use breathwork, functional fitness, cold plunges, NAD+ support, and nutrition to reset the body so the mind can heal. These aren’t just therapies; they form a system designed to help young men step out of survival mode on demand.

What makes us different is simple: where most programs fail, we succeed. Relying heavily on talk therapy and pharmaceuticals simply doesn’t work long-term. At The Healing Sanctuary, we give young men the tools to regulate themselves physically, mentally, and emotionally. They discover that control isn’t something they’re missing — it’s something they can practice, master, and carry for life.

### **The Bridge Forward**

Real change doesn’t happen overnight, but it does happen with the right infrastructure and steady support. At home, you can model this right now: when you feel the spiral of worry, pause. Hand on your heart, inhale for 4, hold for 4, exhale for 6. Show him what it looks like to slow down, get back in your body, and separate from the storm of emotions.

If you’re ready to explore how this path can support your family. I’m here, let’s talk.



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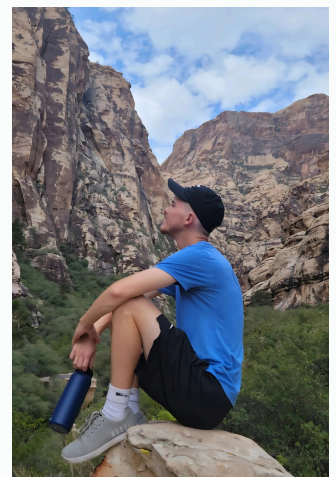
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## 2. “I feel like I’m failing as a mother.”

### **What we hear from moms:**

“I don’t know what to do. I feel like I’ve tried everything. I’ve paid the bills, kept him safe, and shielded him from consequences. I thought I was doing the right thing — but nothing changed.

### **Damon’s Insight**

I hear this from moms all the time: “*I feel like I’m failing him.*” It’s heart-wrenching to watch your child suffer. You do everything you can to clear obstacles from their path and shield them from pain. I understand that instinct — it comes from the deepest place of love.

What I’ve learned in my work, and what Dr. Shefali Tsabary explains in *The Conscious Parent*, is that parenting isn’t about control; it’s about presence. Protecting boys from struggle can keep them stuck. Self-confidence and self-worth aren’t built by being rescued — they’re built by working through challenges and discovering, *I can handle this.*

This is where boundaries come in. My wife’s father used to say — “Hate me now, love me later.” She laughs about how mad it made her, because boundaries can feel like rejection — but they’re not. They’re about respect, and they provide the framework where growth can happen.

### **The New Path**

At The Healing Sanctuary, I work with parents alongside their sons, helping families build a calmer, more stable foundation. I’ve seen what happens when parents step back with compassion — young men begin to open up. Letting go of the urge to rescue is one of the hardest shifts a parent can make, but when your son owns his part and you share the burden with an ally you trust, it can be one of the most freeing choices you’ll ever make. Setting boundaries doesn’t make you the “bad guy” — it gives your son room to grow, and your family space to heal.

### **The Bridge Forward**

You don’t have to carry all of this alone, and you don’t have to feel like the problem. Real love includes limits, and boundaries can become the doorway to healing.

At home, try writing down one boundary you want to hold — whether it’s money, curfew, or a household rule. Practice saying it calmly, without apology. This is how love becomes strength. If you’re ready to set boundaries without guilt and create a healthier foundation for your family, reach out today. A simple conversation can start that shift.



### 3. “He’s glued to screens, weed, or alcohol.”

#### What we hear from moms:

“My son is glued to his screen. Add to that the smell of weed, and the days I find empty bottles in his room. He’s numbing himself, and I feel powerless to stop it.”

#### Damon’s Insight

What looks like laziness or defiance is often something deeper. As Dr. Anna Lembke explains in *Dopamine Nation*, screens and substances hijack the brain’s reward system. Once that system is thrown off balance, willpower alone can’t reset it. I see this all the time with young men who numb out instead of engaging with life — the more they reach for quick hits of dopamine, the emptier they feel. Breaking that cycle starts with restoring balance.

#### The New Path

At The Healing Sanctuary, we use practices that reset dopamine circuits in the brain and bring the body back into alignment: cold plunges, sauna, functional movement, targeted nutrition, and NAD+ therapy. These experiences don’t just clear the fog — they rebuild the neurological pathways that lead to clarity, motivation, and a sense of purpose. When young men begin to feel the difference in their body and their mind, the cycle of numbing loses its grip.

At home, you can start small. Invite him into one tech-free hour — a meal together, a walk, or a simple conversation. Then take stock of your own numbing habits. Replacing even one with something engaging, like journaling or exercise, shows him that change is possible.

#### The Bridge Forward

The pull of screens, weed, or alcohol can feel relentless, but it doesn’t have to define his future. With the right approach, the brain can heal, motivation can return, and he can reengage with life. If you’re ready to help him break the cycle, reach out. We’re here to help.



Numbing out is powerful,  
but so is self-regulation.

In cold immersion, I guide young men  
to separate from the storm of their  
emotions, connect with their body,  
and steady their breath.

From this calm, they begin to see that  
change is possible – and that they can  
face life instead of escaping it.



## 4. “We can’t talk without fighting.”

### What we hear from moms:

“Every conversation turns into a battle. I try to explain, he shuts down or explodes. Our home feels like a war zone.”

### Damon’s Insight

Over the years I’ve sat with many families who share the same experience: every conversation turns into a fight. Words meant to connect end up pushing everyone further apart. Fighting doesn’t mean the relationship is broken — but it does mean the approach isn’t working. Harriet Lerner, in *The Dance of Connection*, explains how even a well-intentioned conversation can land like criticism when someone feels defensive. That’s why I begin sessions not with talking but with breathwork. Regulating the nervous system first allows us to calm, and from that calm, we can more easily connect.

### The New Path

At The Healing Sanctuary, I guide families through simple but powerful shifts in communication. We begin with mindfulness and body resets, then layer in new patterns of language that help parents and sons hear each other differently.

At home, try this: instead of saying, “*Why are you doing this again?*” shift to, “*Help me understand what you’re feeling.*” It’s a small change, but it opens the door instead of closing it.

### The Bridge Forward

Even small shifts can transform the atmosphere at home. You don’t have to keep circling the same arguments. If you’re ready to explore healthier ways of communicating as a family, I’d love to show you how.



Breathwork breaks down barriers  
and opens the door to honest  
self-reflection.

In this space, young men can put  
words to what’s been locked inside,  
then release what no longer serves  
them into the fire. It’s a powerful  
step toward clarity and connection.



## 5. “My son has no direction.”

### What we hear from moms:

“My son has no direction. He can’t seem to hold a job or works as little as possible. Nothing motivates him anymore.”

### Damon’s Insight

Richard Reeves, in *Of Boys and Men*, and Warren Farrell, in *The Boy Crisis*, have both written about what I see every day: young men starving for mentorship, purpose, and structure. Without it, they drift. Without brotherhood, they withdraw.

That’s why I don’t just tell young men to “figure it out.” I teach them how to orient themselves and build the guardrails and community that keep them on track. I walk beside them as they face challenges and step into accountability. And when they experience the pride of doing hard things and following through, they begin to trust the process. That’s when something inside of them shifts: *I do have what it takes.*

### The New Path

At The Healing Sanctuary, I mentor young men through Qi-Force training — a blend of breathwork, fitness, and resilience practices — along with community living and guided routines that anchor them in accountability and purpose. Working within a supportive structure helps them develop self-confidence they can carry into every area of life.

At home, you can say: *“I see you’re struggling to find your place. You don’t have to do this alone.”* Releasing guilt gives him the space he needs to grow.

### The Bridge Forward

The truth is, getting him moving in the right direction may need to come from someone else.

If he can’t hear your advice, the best option is to find someone you both can trust. You can’t make him move, but you can take the first step by reaching out. Give us a call. We’ll answer.

Rick D ★★★★★ (official Google Review)

“Damon’s approach of strength and tenderness balanced with knowledge and wisdom across modalities helped me center myself and be vulnerable enough to address the issues and my own courage.”





## 6. “He seems so alone.”

### What we hear from moms:

“He eats in his room. He shrugs off friends. He barely makes eye contact. He seems so shut down and isolated. He isn’t going to go anywhere in life this way. I don’t know how much longer this can go on.”

### Damon’s Insight

A common theme among the young men I mentor is the isolation that sets in when they feel cut off from people, purpose, and belonging. They start to shut down, retreat into themselves, and the loneliness makes everything worse. But when they reconnect to themselves and others, they begin to shift — they begin to engage with life again.

Author Johann Hari describes this in *Lost Connections*: much of what we call depression and addiction is really rooted in disconnection. I’ve seen it play out firsthand — young men come back to life simply by being seen, supported, and part of something bigger than themselves.

### The New Path

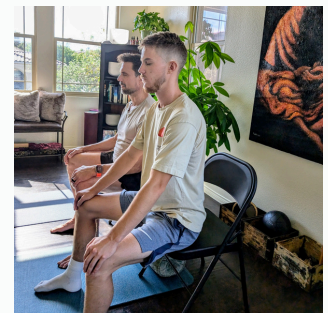
A genuine sense of belonging isn’t forced — it’s something organic that happens through shared experiences that build connection, such as group hikes, training sessions, and Community REset events. These moments create trust, accountability, and a brotherhood that pulls them out of isolation and back into life.

At home, get creative. Initiate opportunities in small or unexpected ways — asking for his help with a project, cooking together, or spending time outdoors. Belonging often begins not in big conversations, but in simple moments of being side by side.



### The Bridge Forward

Healing doesn’t happen in isolation. The right environment can give your son the connection he needs to re-engage with life. Reach out today. A conversation is the first step toward change.





## 7. “I’m breaking down myself.”

### What we hear from moms:

“I’m exhausted. The constant worry is keeping me up at night. I’m stressed out and overwhelmed. He’s my son, I love him, but I’m breaking.”

### Damon’s Insight

I heard a mom once say, *“You’re only as happy as your unhappiest child,”* and it hit me hard. I lost my older brother to addiction and suicide when I was a boy. I watched what it did to my mother — the heartbreak of having a defiant son cycle in and out of rehabs, only to lose him in the end. That experience stays with me. To this day, I’ve sat with many parents who’ve reached a breaking point. The exhaustion isn’t just physical — it’s emotional, mental, even spiritual.

When parents reclaim their strength and steadiness, their sons often begin to stabilize too. Allowing that to happen means letting go and giving them the space to grow through their own struggles. Even though they will always be your child, they are nonetheless adults, and an undeniable truth is that becoming a man requires taking ownership of your pain, working through it, and discovering the strength on the other side. As Yung Pueblo writes, *“True compassion is not about taking on the pain of others, but about supporting them while staying rooted in your own peace.”*

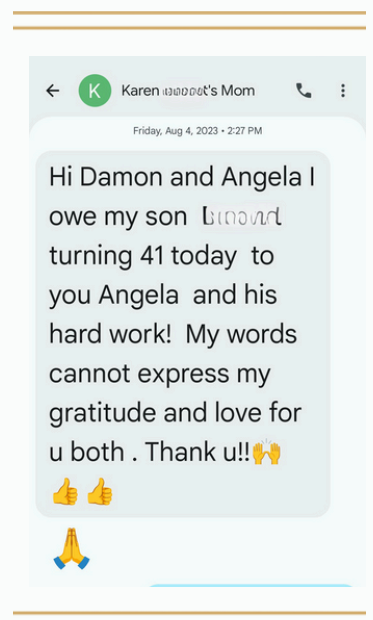
### The New Path

This is why I mentor parents right alongside their sons. At The Healing Sanctuary, I guide moms and dads throughout their son’s process. To deepen their understanding and gain firsthand experience of the tools that restore steadiness and strength, parents are invited into many of the resilience practices their son is learning. They spend the day doing breathwork, cold plunges, and guided meditation — discovering for themselves why breathwork is called work, and the grit it takes to move through the program.

At home, try this: before you speak to him, pause for three deep breaths. Then tomorrow, choose one thing just for yourself — a walk, a hot bath, or treating yourself to lunch with a friend. Your healing isn’t selfish; it strengthens the whole family.

### The Bridge Forward

You don’t have to keep carrying the weight alone. With the right support, you can reclaim your strength — and in doing so, give your son the stability he needs. Reach out today, and let’s take this next step together.





## The New Path Forward

**What I know for certain is that change is possible** — I see it every day in the young men I mentor, and in the relief their parents feel when they watch their son return to them grounded, oriented, and focused. Healing doesn't happen overnight, but it does happen with the right guidance, support, and steady practices.

At The Healing Sanctuary, I walk this path with families so both parents and sons can finally breathe easier. Through mentorship and whole-body practices, young men rediscover direction and resilience — and parents reclaim their own steadiness and strength.

If you're ready to explore what this could look like for your family, I invite you to book a confidential call with me and my team. Together, we can chart a new way forward — for him, for you, for your family.

I look forward to speaking with you soon, **(702) 204-5908**.

— *Damon Damato, Founder & Master Facilitator, The Healing Sanctuary*

[www.TheHealingSanctuary.Vegas](http://www.TheHealingSanctuary.Vegas)



Hogan A., 31 ★★★★★

***“Damon and Angela do absolutely life changing work. After having tried for over 10 years to conquer depression and anxiety using prescribed medications to no avail, I wanted an alternative. At The Healing Sanctuary, I learned it was possible to master my physical and mental health through new habits. I’m proud to say that I’ve now been sober for over a year, I’m in the best shape of my life, and I’m in complete control and understanding of my emotions.”***



[Click this link to hear more from Hogan](#)