

Asana Recovery Responds to Increased Demand for Outpatient Addiction Treatment in Orange County

Outpatient addiction treatment in Orange County is surging as patients prioritize flexibility, privacy, and personalized care.

ORANGE COUNTY, CA, UNITED STATES, June 13, 2025 /EINPresswire.com/ -- Addiction treatment providers in Orange County are observing a noticeable shift toward outpatient drug rehab programs as more individuals seek flexible recovery options that allow them to continue participating in their daily lives. In response, Asana Recovery, a behavioral health provider based in Costa Mesa, has expanded its outpatient services to meet this growing demand.



A supportive group therapy session at Asana Recovery, part of the outpatient rehab program.

Asana Recovery now offers a range of outpatient programs designed to support individuals with substance use disorders and co-occurring mental health conditions. These services include standard outpatient treatment, an [Intensive Outpatient Program \(IOP\)](#), and access to virtual care, allowing for greater flexibility without compromising clinical effectiveness.

“

Outpatient care allows us to meet clients where they are—offering effective treatment without interrupting their lives.”

Mark Shandrow, CEO of Asana Recovery

Outpatient Drug Rehab: A Growing Trend in Orange County

Outpatient rehab programs provide an alternative to inpatient treatment by enabling participants to receive structured care while continuing to live at home. This format allows clients to maintain work, school, and family obligations, which is increasingly important for adults balancing multiple responsibilities.

“Outpatient care is an important part of the recovery continuum,” said a spokesperson for Asana Recovery. “It offers stability, accessibility, and the opportunity for clients to remain engaged in their everyday environment while receiving professional support.”

Many individuals in Orange County are choosing outpatient care due to its adaptability, lower cost compared to inpatient programs, and its capacity to preserve privacy and minimize disruption to daily routines.

Expanded Outpatient Services at Asana Recovery

Asana Recovery's outpatient programs are personalized based on each client's clinical and lifestyle needs. The multidisciplinary team provides:

- Individual Therapy: One-on-one sessions focused on identifying triggers, developing coping strategies, and addressing past trauma.
- Group Therapy: Facilitated peer groups that encourage accountability and shared learning experiences.
- Medication Management: Oversight for clients prescribed medications to support recovery or manage co-occurring conditions.
- Life Skills Support: Resources for managing stress, building healthy routines, and reintegrating into work or school environments.

For individuals requiring a higher level of care, Asana's Intensive Outpatient Program (IOP) offers structured programming several days per week. This option serves as a transitional step for those moving from detox or inpatient care and is also suitable for individuals who need enhanced support but cannot commit to residential treatment.



couple enjoying time together on a California beach—symbolizing hope and healing after recovery.



Asana Recovery's branding with the message “Taking the First Step in Recovery,” reflecting their commitment to accessible, flexible treatment.

Integrating Mental Health and Addiction Treatment

Asana Recovery integrates dual diagnosis treatment into its outpatient programs, recognizing the link between substance use and mental health disorders such as anxiety, depression, and trauma. By addressing both simultaneously, the center aims to improve client outcomes and reduce the likelihood of relapse.

Improving Access to Care Through Insurance and Support

To ensure accessibility, Asana Recovery works with a broad range of insurance providers, including Aetna, Anthem Blue Cross, Blue Shield, Cigna, UMR, United Healthcare, and TriWest. Their team assists clients with verifying coverage and understanding financial options to help remove barriers to care.

Who Benefits from Outpatient Treatment?

Outpatient treatment is typically appropriate for individuals with mild to moderate substance use disorders, those transitioning from residential programs, or individuals with stable housing and support systems. Asana Recovery conducts thorough assessments to determine whether outpatient care is the right fit for each client.

Contact Information

For more information about [outpatient addiction treatment in Orange County](#), visit Asana Recovery's website or contact the admissions team directly.

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