

Asana Recovery Expands LGBTQ+ Outpatient Addiction Services

Asana Recovery expands outpatient and telehealth addiction services with trauma-informed care for LGBTQ+ individuals in California.

COSTA MESA, CA, UNITED STATES, August 5, 2025 /EINPresswire.com/ -- [Asana Recovery](#), a licensed addiction treatment provider based in Orange County, California, has expanded its outpatient and telehealth services to better serve LGBTQ+ individuals. The new programming offers trauma-informed, culturally competent care in a safe, inclusive environment.



Private therapy sessions at Asana Recovery support clients with personalized, trauma-informed addiction care.

Asana Recovery's outpatient services now include identity-affirming options for clients who identify as queer, transgender, non-binary, lesbian, gay, or bisexual. With flexible scheduling, individual counseling, group therapy, and Medication-Assisted Treatment (MAT) when appropriate, the program is designed to accommodate diverse client needs both in-person and remotely.

“

Our goal is to provide affirming, trauma-informed care that meets the unique needs of the LGBTQ+ community and supports sustained recovery”

Mark Shandrow, CEO, Asana Recovery

these disparities.

Addressing Critical Needs in LGBTQ+ Communities
Research shows that LGBTQ+ individuals face significantly higher risks for substance use disorders than the general population. Data from the National LGBTQIA+ Health Education Center reveal that 20–30% of transgender individuals report substance use disorders, compared to 8.4% of the overall U.S. population. Factors such as stigma, discrimination, trauma, and family rejection contribute to

“Our expanded outpatient program is rooted in respect, understanding, and evidence-based

care tailored to the unique challenges LGBTQ+ individuals face,” said a spokesperson for Asana Recovery.

Expanded Program Highlights:

- Individual therapy with trauma-informed, gender-affirming clinicians
- Group counseling focused on LGBTQ+ recovery experiences
- Medication-Assisted Treatment (MAT) when clinically indicated
- Dual diagnosis treatment for co-occurring mental health conditions
- Flexible scheduling options for work, school, and family obligations
- Relapse prevention plans addressing identity-specific stressors
- Telehealth access statewide for remote or home-based care

These services are provided through Asana Recovery’s licensed outpatient center in Costa Mesa and via telehealth throughout California.

Community Partnerships

Asana Recovery collaborates with organizations such as LGBT Center OC and Trans Lifeline to connect clients with vital community resources. These partnerships strengthen ongoing recovery support beyond clinical treatment.

Certification and Professional Affiliations

Asana Recovery is certified by the California Department of Health Care Services (DHCS) and is a member of the National Association of Addiction Treatment Providers (NAATP). While the center is no longer CARF-accredited, it adheres strictly to best practice standards from leading health authorities.

Asana offers a full spectrum of addiction treatment, including detox, residential care, partial



Asana Recovery provides affirming addiction treatment that supports LGBTQ+ individuals and their families.



Asana Recovery’s Virtual IOP delivers flexible, remote treatment for LGBTQ+ individuals across California.

hospitalization, intensive outpatient programs, and telehealth services—all grounded in evidence-based, person-centered approaches.

About Asana Recovery

Based in Costa Mesa, California, Asana Recovery is a licensed addiction treatment center focused on providing comprehensive, individualized care. The center's services emphasize trauma-informed, culturally competent treatment to help clients achieve long-lasting recovery and wellness.

Mark Shandrow

Asana Recovery

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