

# Able To Change Recovery Highlights the Value of Residential Treatment for Mental Health and Addiction

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SAN JUAN CAPISTRANO, CA, UNITED STATES, September 3, 2025 /EINPresswire.com/ -- [Able To Change Mental Health & Depression Treatment Center](#), a leading behavioral health provider in Orange County since 1999, is emphasizing the importance of residential treatment for individuals facing serious mental health or substance use challenges.

Residential treatment offers 24-hour support in a structured environment where clients live on-site and take part in daily therapeutic programs. This immersive setting allows people to step away from external pressures and focus entirely on recovery. Clients receive individual and group therapy, family involvement, medical oversight, and wellness services designed to support long-term stability.

Research has consistently shown that residential programs improve recovery outcomes, reduce relapse rates, and lower the risk of hospitalization. Treatment at Able To Change Recovery



is individualized and may include Cognitive-Behavioral Therapy (CBT), trauma-informed therapy, family support, mindfulness practices, and other evidence-based approaches. By combining therapeutic care with wellness services, the center provides clients with tools to address both the immediate and long-term aspects of recovery.

For more than 25 years, Able To Change Recovery has provided comprehensive care for individuals and families across Orange County. The center offers residential and outpatient programs, tailoring services to meet clients at different stages of their recovery journey.

About Able To Change Recovery

Founded in 1999, [Able To Change Mental Health](#) & Depression Treatment Center provides comprehensive treatment for individuals struggling with addiction, depression, anxiety, and other mental health conditions. With residential, outpatient, and specialized programs, the center is committed to individualized treatment and long-term recovery.

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