

Outpatient Treatment for Professionals in Orange County Launches at Asana Recovery

Asana Recovery introduces specialized outpatient rehab in Orange County for veterans, first responders, airline staff, and families.

COSTA MESA, CA, UNITED STATES, September 30, 2025 /EINPresswire.com/ -- Asana Recovery Expands Outpatient Treatment in Orange County with Launch of Helping Heroes Program



Our heroes carry trauma and stress that most people cannot imagine. This program delivers specialized outpatient treatment for professionals who dedicate their lives to others.”

Mark Shandrow, CEO, Asana Recovery

Asana Recovery, a leader in outpatient rehab in Orange County, today announced the launch of its Helping Heroes Program, a specialized outpatient treatment track designed for veterans, first responders, airline professionals, and their families.

The program offers a tailored approach for professionals under pressure, addressing addiction, trauma, and mental health challenges through outpatient care in Orange

County.

Meeting the Needs of Professionals in High-Stress Roles

Veterans, first responders, and airline staff face unique pressures—including trauma, irregular schedules, and high-stakes responsibilities—that increase their risk for PTSD, depression, anxiety, and substance use disorders.

“Our heroes carry trauma and stress that most people cannot imagine,” said Mark Shandrow, CEO of Asana Recovery. “With this program, we’re expanding [outpatient treatment for professionals in Orange County](#) so veterans, first responders, and airline staff receive the specialized care they deserve.”

Key Features of the Helping Heroes Program

- Customized Outpatient Rehab – Flexible scheduling for working professionals.
- Trauma-Informed Therapy – Care designed for PTSD, anxiety, depression, and trauma-related addiction.
- Peer Support for Professionals – Veterans, first responders, and airline staff connect with

peers who understand their challenges.

- Family-Centered Resources – Programs involving spouses and children to strengthen long-term recovery.
- Holistic Wellness – Stress management, mindfulness, and physical health practices to build resilience.

Why Outpatient Treatment Works

Unlike inpatient rehab, outpatient treatment in Orange County allows professionals to remain active in their careers while receiving therapy. Veterans and first responders can apply recovery tools in real-world environments, while families receive support at home.

About Asana Recovery

Asana Recovery is a trusted Costa Mesa outpatient treatment center serving Orange County. The facility provides outpatient rehab, detox, and aftercare programs, combining clinical excellence with holistic recovery. With a focus on compassion and innovation, Asana Recovery empowers clients to achieve lasting recovery.

For more information about the Helping Heroes Program or outpatient rehab for professionals in Orange County, visit www.asanarecovery.com or call (949) 763-3440.

Adam Shandrow

Asana Recovery

+1 (562) 972-3955

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