

A History of Healing: The Journey From Past to Present at Align Recovery Centers

Align Recovery Centers, housed in historic Agua Caliente (opened 2022), blends Sonoma's healing legacy with evidence-based detox and residential care.

SONOMA, CA, UNITED STATES, June 30, 2026 /EINPresswire.com/ -- Sonoma, CA — Align Recovery Centers stands on ground long known for restoration and renewal. From the Native Americans who first visited the natural hot springs to the 1857 Agua Caliente Hot Springs resort and the 1901 buildings that

followed, this "Springs" region of Sonoma has been a haven for healing. Since opening Align Recovery Centers in 2022 at the historic Agua Caliente site, the organization has honored that legacy by transforming the former refuge into a modern, [clinically driven sanctuary](#) for individuals and families confronting substance use and co-occurring mental health disorders. The center blends the property's restorative history with evidence-based care to support healing and long-term recovery.

A living piece of Sonoma's history, Align's facility retains the architecture, décor, and tranquil atmosphere of the property's storied past while integrating contemporary, evidence-based care. The center's preserved surroundings are more than aesthetic. They provide a calming backdrop that supports trauma-informed, therapy-forward treatment, helping clients move from crisis to sustained wellness within a setting that feels both familiar and restorative.

Align's model bridges heritage and modern clinical practice. With a capacity of 45 beds, the center offers medically supported detox and residential treatment grounded in whole-person care. Treatment plans draw from evidence-based therapies — cognitive-behavioral therapy (CBT), dialectical behavior therapy (DBT), motivational interviewing, and trauma-focused modalities — alongside experiential and holistic offerings such as yoga, mindfulness, art, and music therapy.

This blend of place and practice shapes Align's philosophy: healing is both clinical and communal, grounded in rigorous care and nourished by environment and connection. Group



therapy, family involvement, and peer support are central elements. Family education, clinician-supported visitation, and family or couples therapy recognize addiction as a family disease and empower loved ones to participate in the treatment process. Recovery pathways offer flexibility, introducing clients to 12-Step, SMART Recovery, and Recovery Dharma so each individual can find sustainable support for long-term wellness.

Align emphasizes continuity of care and community integration. From day one, discharge planning begins with coordinated referrals to outpatient providers, sober living communities, and alumni support to help clients transition safely and confidently. The admissions team works with a broad range of insurance providers and helps verify benefits and navigate payment options, reducing barriers to treatment. Align also operates in alignment with state standards and oversight, including coordination with the California Department of Health Care Services.

The center's commitment to preserving the property's history is purposeful: the tranquil, historically rich environment is a therapeutic asset that fosters reflection, dignity, and hope. That ethos extends beyond the campus into Sonoma and surrounding communities such as Santa Rosa and Petaluma. By offering accessible, evidence-based treatment in a setting rooted in regional heritage, Align provides more than clinical stabilization — it offers renewal that resonates with the community's longstanding identity as a place of healing.

Since opening in 2022, Align Recovery Centers has continued the Agua Caliente tradition of hospitality and care, transforming historic warmth into contemporary recovery services. The center's integration of medical oversight, trauma-informed therapy, family-centered care, and holistic wellness honors the past while addressing the complex needs of the present. As Align helps individuals reclaim their lives, it also contributes to the broader health of Sonoma County — preserving a legacy of healing and ensuring that hope remains a living, accessible reality for generations to come.

To learn more about Align Recovery Centers' programs and [insurance verification](#), please visit their website and contact their [admissions team today](#).

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