

# Compass Recovery Launches Free Trauma Quiz for Orange County Residents Understand Connection Between Trauma & Addiction

*New confidential online assessment encourages individuals to explore whether unresolved trauma may be influencing substance use and overall emotional well-being*

CYPRESS, CA, UNITED STATES, August 25, 2026 /EINPresswire.com/ -- Compass Recovery, an Orange County addiction treatment provider specializing in substance use disorders and co-occurring mental health conditions, has launched a free online "Is Trauma Fueling Your Addiction?" self-assessment to help individuals better understand the often-overlooked connection between unresolved trauma and substance use.



Sometimes understanding what's underneath the struggle is where meaningful change begins.

The confidential assessment is designed as an educational resource for adults who may be questioning whether past experiences are continuing to affect their emotional health, relationships, coping strategies, and recovery journey.

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Sometimes greater understanding is the first step toward meaningful change.”

*Rodger Shelton*

Research has shown that trauma and substance use disorders frequently occur together, making trauma-informed care an important component of comprehensive addiction treatment. Many individuals seeking recovery

have experienced traumatic events that continue to influence their thoughts, emotions, and behaviors long after the events themselves have passed.

"Many people focus only on the substance itself," said the Compass Recovery team. "But lasting recovery often begins by understanding the experiences underneath it. Our goal is to help

people start asking the right questions in a safe, private, and judgment-free way."

### Helping Individuals Recognize the Signs of Unresolved Trauma

Trauma can affect people in many different ways. While some individuals recognize the impact immediately, others may not connect past experiences with present-day emotional or behavioral patterns until years later.

The new "Is Trauma Fueling Your Addiction?" assessment guides users through a series of reflective questions designed to encourage greater self-awareness. Rather than serving as a diagnostic tool, the assessment helps individuals consider whether unresolved emotional experiences may be contributing to ongoing substance use challenges.

The assessment can be completed online in just a few minutes and is available free of charge.

### Addressing the Root Causes of Addiction

Compass Recovery's treatment philosophy emphasizes addressing the underlying causes of addiction rather than focusing solely on substance use itself.

The organization provides individualized treatment programs that combine medically supported detoxification, residential treatment, dual diagnosis care, intensive outpatient programming, and evidence-based therapies designed to help individuals heal physically, emotionally, and psychologically.

By integrating trauma-informed care with individualized treatment planning, Compass Recovery works to help clients develop healthier coping strategies while addressing co-occurring mental health concerns that may contribute to substance use.



Sometimes taking a step back can make it easier to understand what has been weighing on you.



Sometimes the quiet moments are when we finally start asking the questions that matter.

Serving Orange County with Compassionate Recovery Support

Located in Cypress, California, Compass Recovery serves adults throughout Orange County, including Anaheim, Costa Mesa, Fullerton, Garden Grove, Huntington Beach, Orange, Santa Ana, Westminster, and surrounding communities.

The organization accepts many major insurance plans and offers confidential consultations for individuals and families exploring treatment options.

"We hope this assessment helps people realize they don't have to figure everything out on their own," the Compass Recovery team added. "Sometimes greater understanding is the first step toward meaningful change."

Individuals interested in taking the free "Is Trauma Fueling Your Addiction?" assessment can visit:

<https://compass-recovery.com/is-trauma-fueling-your-addiction/>

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