

As Summer Ends, Compass Recovery Encourages Orange County Residents to Reflect on Mental Health and Recovery Journey

Compass Recovery encourages Orange County residents to use the seasonal transition as an opportunity to reflect, seek support, and move toward recovery.

CYPRESS, CA, UNITED STATES, August 31, 2026 /EINPresswire.com/ -- As families prepare for the transition from summer to fall, Compass Recovery is encouraging Orange County residents to use the changing season as an opportunity to reflect on their well-being and seek support when substance use or co-occurring mental health challenges affect daily life.



Sometimes a quiet moment of reflection can help put the bigger picture into perspective.

For many individuals, August represents a return to routines. Children head back to school, work schedules become more structured, and families begin preparing for the months ahead.

According to Compass Recovery, these transitions can create opportunities for people to recognize unhealthy patterns that may have been overlooked during busier seasons.

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Sometimes the best time to make a change is simply when someone realizes they don't have to keep carrying everything alone.”

Rodger Shelton

"Life naturally slows down just enough in late summer for many people to take an honest look at how they're doing," said Rodger Shelton, President of Compass Recovery. "For some, that reflection becomes the first step toward recognizing that support may be needed."

Helping Individuals Understand the Connection Between Trauma and Substance Use

Many people don't immediately connect past experiences with present-day struggles, which is

why Compass Recovery recently introduced its free "Is Trauma Fueling Your Addiction?" self-assessment.

The assessment is available at:
<https://compass-recovery.com/is-trauma-fueling-your-addiction/>

Addressing the Root Causes of Addiction

Compass Recovery believes lasting recovery involves more than addressing substance use alone.

The organization provides individualized treatment programs that include medically supported detoxification, residential treatment, dual diagnosis care, partial hospitalization (PHP), intensive outpatient programming (IOP), and continuing recovery support. Treatment plans are designed to address both substance use disorders and the underlying emotional or mental health factors that may contribute to them.

By combining evidence-based therapies with trauma-informed care, Compass Recovery supports individuals as they build healthier coping strategies while working toward long-term recovery and personal growth.

Supporting Orange County Individuals and Families

Located in Cypress, 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 works with many major insurance providers and offers confidential consultations for individuals and families exploring treatment options.

"Recovery doesn't have to begin on January 1," Shelton added. "Sometimes the best time to



Sometimes a little distance from the noise makes room for a clearer look at what comes next.



Sometimes the hardest step is simply being honest with yourself about what needs to change.

make a change is simply when someone realizes they don't have to keep carrying everything alone."

About Compass Recovery

Compass Recovery is an Orange County addiction treatment provider offering medically supported detoxification, residential treatment, dual diagnosis care, intensive outpatient programming, and continuing recovery support. Through individualized, evidence-based, and trauma-informed care, Compass Recovery supports adults addressing substance use disorders and co-occurring mental health conditions while working toward recovery and improved quality of life.

For more information, visit <https://compass-recovery.com>.

Rodger Shelton

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