



Above All Else Recovery Extends National Wellness Month to Family Recovery

The men's-only Costa Mesa treatment center highlights its family program, treating addiction as a condition that affects an entire family system.

COSTA MESA, CA, UNITED STATES, September 1, 2026 /EINPresswire.com/ -- COSTA MESA, Calif., September 1, 2026 — National Wellness Month ended with August, but Above All Else Recovery is carrying one of its central ideas into the fall: wellness is rarely an individual project. At the men's-only addiction treatment center in Costa Mesa, that principle is built into a [family program in Costa Mesa](#) that treats the people around a client as part of the recovery, not as visitors to it.

The premise is straightforward. Addiction rarely affects just one person. By the time a man enters treatment, the people closest to him — a spouse, parents, siblings, adult children — have usually spent years absorbing the consequences, and often have their own patterns to unlearn. A program that treats the client and returns him to an unchanged household is solving half the problem.

What the Family Program Involves

Above All Else Recovery's family program is tailored to each client's treatment plan and circumstances rather than delivered as a fixed curriculum. Family therapy sessions are scheduled according to what is clinically appropriate for the individual, and participation is determined case by case.

The work covers several areas. Families receive education about addiction as a medical condition, which reframes behavior that has often been read as character failure. Sessions address communication and conflict resolution, giving households practical alternatives to the arguments they have been repeating. There is structured work on rebuilding trust, which is typically the slowest repair and the one families are least equipped to attempt on their own. Boundary-setting is taught directly — how to support recovery without absorbing responsibility for it. And relapse prevention planning includes the family, so the people most likely to notice early warning signs know what they are looking at and what to do.

Support, Not Blame

The program is explicit that family involvement is not about assigning blame. That distinction

matters, because it determines whether families participate honestly. A process that feels like an inquiry into who caused the addiction produces defensiveness; one framed around mutual support and healing together produces disclosure, which is what makes the clinical work possible.

The stated aims are improved communication, better understanding of addiction, increased emotional support, and greater accountability. Each of those is a factor in what happens after discharge — the period when structured treatment ends and the environment a client returns to begins doing most of the work.

Part of a Full Continuum

Family programming sits within a broader continuum at the Costa Mesa facility, which offers medical detox with 24/7 clinical support and [residential treatment](#) across 20 private beds. Clients with co-occurring mental health conditions are supported through the center's [dual diagnosis](#) program, alongside individual and group therapy, experiential therapy, and 12-Step programming.

The small bed count is deliberate. Individualized family work — scheduling sessions around what a particular household needs, rather than slotting families into a standing weekly group — is difficult to deliver at scale and considerably easier in a 20-bed program.

Admissions and Coverage

Above All Else Recovery is licensed by the California Department of Health Care Services (License 300822AP) and is LegitScript verified. The center works with Aetna, Blue Cross Blue Shield, Cigna, Beacon, Anthem, and MultiPlan.

Families and prospective clients can reach the admissions team at (949) 238-1081 to discuss the family program, verify coverage, or ask about availability.

About Above All Else Recovery

Above All Else Recovery is a men's-only addiction treatment center located at 546 Bernard St., Costa Mesa, California. The facility provides medical detox, residential treatment, dual diagnosis care, family programming, experiential therapy, and 12-Step support in a 20-bed setting, with a holistic approach focused on connecting clients to themselves, to something greater, and to a life worth living.

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Above All Else Recovery

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