Compass Recovery Marks National Recovery Month With Call to Act Early

Cypress addiction treatment center ties National Recovery Month to a call for early recovery ahead of the holiday season



Recovery can start before the calendar turns to January.

CYPRESS, CA, UNITED STATES, September 21, 2026 / EINPresswire.com/ -- CYPRESS, CALIFORNIA — During National Recovery Month, observed every September by the Substance Abuse and Mental Health Services Administration (SAMHSA), Compass Recovery, a Joint Commission-accredited addiction treatment center, is encouraging individuals struggling with substance use to begin treatment before the holiday season rather than waiting until the new year.

> The holidays are supposed to be the part of the year people remember. We want people to get help now so they actually get to be there for it, not just get through it.”
>
> *Rodger Shelton*

Why Now, Not Later

The stretch from October through December moves quickly. For people struggling with active addiction, the holiday season can be difficult to fully experience. Compass Recovery's residential treatment and medical detox programs are designed to help people stabilize and enter the season with greater clarity, rather than putting off treatment until January.

“The holidays are supposed to be the part of the year people remember,” said Rodger Shelton, President of Compass Recovery. “We want people to get help now so they actually get to be there for it, not just get through it.”

Beyond Stabilization

Once stabilized, clients move into Compass Recovery's Purpose Discovery Program, which pairs clinical care with experiential therapy to help clients explore what matters to them beyond substance use and what they want the next chapter of their life to look like. The center also provides dual diagnosis treatment for co-occurring conditions including anxiety, depression, PTSD, and bipolar disorder.



Sometimes taking the next step starts with making space for a different future.



Having the right support can make taking the next step feel a little less overwhelming.

Compass Recovery accepts Aetna, Blue Shield of California, Cigna, and TriWest, and is available 24/7 for individuals and families seeking care in Cypress and throughout Orange County.

Individuals and families can connect with Compass Recovery by calling (949) 444-9047 or by taking a free, confidential self-assessment to help determine if treatment could help.

About Compass Recovery
Compass Recovery is a Joint Commission-accredited addiction treatment center based in Cypress, California, serving adults throughout Orange County and Southern California. The center provides medical detox, residential treatment, dual diagnosis care, and its Purpose Discovery Program, an experiential approach to helping clients build a sustainable life beyond addiction. Compass Recovery, Inc. is licensed by the California Department of Health Care Services, License No. 300331CP. Compass Recovery is located at 9431 & 9432 Alderbury St., Cypress, CA 90630. For more information, visit compass-recovery.com or call (949) 444-9047.

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