The Ranch California Highlights Dual Diagnosis Care for National Recovery Month

The Northern California rehab center treats addiction and co-occurring mental health conditions in one plan and offers free insurance verification.

YUBA CITY, CA, UNITED STATES, September 29, 2026 /EINPresswire.com/ -- The Ranch California, a licensed addiction treatment center in Yuba City, Northern California, is highlighting its dual diagnosis program as National Recovery Month ends on September 30. SAMHSA, the Substance Abuse and Mental Health Services Administration, organizes the September observance into weekly themes, and the last one, running September 28 to 30, is Youth and Family in Recovery.

In the 2025 National Survey on Drug Use and Health, released by SAMHSA on July 27, 2026, 73.0 percent of U.S. adults who perceived that they ever had a problem with drugs or alcohol, about 22.3 million people, considered themselves in recovery or recovered. Many clients at The Ranch arrive with a mental health condition alongside addiction.

The center treats both in one coordinated plan through its integrated dual diagnosis treatment, which covers depression, anxiety disorders, PTSD, bipolar disorder, OCD, ADHD, borderline personality disorder and trauma. A team of psychiatrists, licensed therapists, addiction counselors and wellness professionals works together on each client's care. Clinicians use cognitive behavioral therapy, dialectical behavior therapy, acceptance and commitment therapy, trauma-informed care and medication management when appropriate.

Therapists apply Family Systems Therapy to relational dynamics that contribute to or are affected by co-occurring conditions. The Ranch also provides educational and counseling services for clients' loved ones.

September is also Suicide Prevention Awareness Month, which SAMHSA and other organizations observe every year. The final-week theme is Healing Together: Supporting Recovery, Families, and Communities. Anyone who is struggling can call or text 988 or chat at 988lifeline.org at any hour.

Care at The Ranch starts with medically supervised detox and round-the-clock support. Clients then move into residential treatment in separate homes for men and women, each with gender-specific therapeutic programs. The culinary team prepares meals from locally sourced ingredients, and outpatient programs and telehealth are also available.

The Ranch accepts most major insurance plans, including Aetna, Anthem, Cigna and United Healthcare. People can verify their insurance coverage online for free without committing to enroll, and the admissions team usually confirms benefits the same day.

About The Ranch California

The Ranch California is a licensed addiction and dual diagnosis treatment center in Yuba City, California. The center offers medically supervised detox, residential treatment in separate homes for men and women, outpatient programs and telehealth, and accepts most major insurance plans. It operates under California Department of Health Care Services license 510009AP. For more information, call (530) 643-4495 or visit theranchcalifornia.com.

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