

Anxiety, depression, trauma and addiction often show up together, and treating only one half of that picture rarely holds for long. Alpha Recovery Center, a small residential program in Lancaster, California, in the high desert stretch of northern Los Angeles County, was built around the idea that mental health and substance use have to be addressed in the same room, by the same team, at the same time. Dual diagnosis treatment at Alpha Recovery Center starts with a full clinical picture rather than a checklist. Clients working through co-occurring depression, anxiety, trauma or bipolar disorder alongside alcohol or drug use are paired with a plan that folds individual therapy, group therapy and family therapy around whatever mental health condition is driving the substance use. Cognitive behavioral therapy and dialectical behavior therapy are both used here, along with trauma informed care for clients whose addiction grew out of an experience they never fully processed. Life skills classes and holistic options, including yoga, art therapy and music, round out the clinical work rather than replacing it. On staff, therapist Bryan is the name clients mention most often when they talk about what actually changed for them, and the program keeps its caseload small enough that a therapist can track a client's mental health symptoms [drug rehabs Los Angeles](#) and substance use recovery side by side instead of handing each off to a different provider. The facility has earned a 5.0 rating across 43 Google reviews, and clients frequently point to that continuity of care as a reason. The residential setting itself, with a gym, swimming pool and jacuzzi on landscaped grounds, gives clients room to settle before the harder clinical work of dual diagnosis care really begins.

Alpha Recovery Center | Drug and Alcohol Detox | 7316 W Ave D-8, Lancaster, CA 93536 | (866) 813-0909

Insurance verification is handled free of charge over the phone, and the admissions team works with plans including Aetna, Cigna, Blue Shield of California and Kaiser Permanente, among others, so cost does not have to be sorted out before someone gets an honest answer about whether dual diagnosis care is available to them. Detox, when it is needed first, is medically supervised, since stopping alcohol or benzodiazepines without medical support carries real risk that should never be managed alone. Staff also help clients handle court related matters where those overlap with treatment. Anyone looking for drug rehabs Los Angeles County residents trust for co-occurring mental health and addiction care can call Alpha Recovery Center at (866) 813-0909, any hour of the day, or visit the residential facility at 7316 W Ave D-8 in Lancaster to see the program in person and ask questions before making a decision.