



WhiteSands Treatment Center Announces Gainesville Drug Rehab Services

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WhiteSands Treatment Center, which has several locations in Florida, has announced the availability of their Gainesville FL drug rehab facility. The facility has both inpatient and outpatient services. Garry Jonas, CEO of WhiteSands, says, "From Day 1 at WhiteSands Treatment, our focus has been to deliver superior clinical and medical care, a relaxing resort-style environment which fosters recovery, and a highly qualified staff which genuinely cares about helping patients get back to leading healthy, productive lives that are free from substance abuse."

Joe Ducey, spokesperson for WhiteSands, says, "Our Gainesville rehab outpatient programs provide highly successful alcohol and drug treatment sessions for those who prefer to keep their privacy or just finished an intensive rehab program and need to follow up. They adjust to your lifestyle and pace, allowing you to schedule your sessions at various times throughout the week. Patients can lead a perfectly normal life while taking advantage of the best treatment available at their own rhythm."

Joe Ducey points out that the WhiteSands Treatment Center Gainesville facility has been instrumental for people with a moderate substance abuse problem who are really serious about getting sober. The result is

that patients get back control of their lives and are able to work and look after their families, while they receive the right advice and treatment.

Patrick S. in a five star review on Google says, "Great treatment program! I love the re-stabilization program that they provide! Truly providing a great service."

Those who go for the outpatient treatment program in Gainesville can expect several kinds of services. These include individual counseling, individual therapy, group intensive outpatient counseling, group intensive outpatient therapy, outpatient and inpatient levels of care, treatment plans for alcohol addiction, treatment plans for substance addiction, and treatment plans that address co-occurring disorders.

Meanwhile, WhiteSands Treatment Center offers inpatient facilities so that patients can focus on their recovery and well-being, while enjoying total comfort in a relaxing environment. With the guidance of addiction specialists at the treatment center, patients are guided back to living their normal lives until they are finally free of substance abuse.

Joe Ducey says, "Our addiction treatment center strives to project warmth, understanding and confidence for everyone who seeks help. We make sure the individual feels at ease, and is able to embark on their journey towards recovery as soon as they step through our doors."

The treatment center staff understand that every person with an addiction is different and has a unique story and will therefore have unique needs in getting on the road to recovery. Thus, at the WhiteSands Drug Addiction Treatment Center, they develop customized treatment plans that are based on each individual's needs, while also treating any psychological problems that may have served as the catalyst for their tendency to get an addiction.

In creating the treatment program for each patient, WhiteSands Treatment Center has several treatment strategies that they can choose from. These include a 12-step fellowship, inpatient/residential treatment, intensive outpatient treatment, holistic approaches, peer support groups, group or individual counseling, partial hospital programs, and relapse prevention.

Joe Ducey explains, "A counselor will guide you toward the right options for your addiction through an assessment in order to determine which program you would benefit from the most. Typically, though, all patients will go through medically-assisted detox in order to safely and effectively wean their bodies off of the substance of abuse. This process usually takes anywhere from three to seven days and once complete, the individual will then begin their designated program plan."

The inpatient treatment will be composed of several intense phases. Some of the therapies that the addiction

specialists will be assigning to a patient include: contingency management, motivation therapy, rational emotive behavior therapy, cognitive behavioral therapy, family therapy, and dialectical behavior therapy.

It should be noted, however, that a treatment program is only of the recovery process. Long-term sobriety requires a lot of discipline, commitment, and a positive mindset. Thus, the substance abuse treatment programs at WhiteSands, patients are treated in their entirety, body, mind, and spirit, so that their chance of overcoming their dependency for the rest of their lives is maximized.

A unique element of the treatment programs at WhiteSands is their use of alternative healing modalities aside from the usual Western medicine and therapies. These include exercise, nutritional therapy, meditation, yoga, and biofeedback.

Those who need more information on the substance treatment programs at the Gainesville drug rehab facility of WhiteSands Treatment Center can visit their website or their Google Maps page.

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WhiteSands Treatment Center - Gainesville Florida

White Sands Treatment Center offers high-quality, compassionate addiction treatment at our drug and alcohol rehabilitation facility.

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