



## Treatment Programs We Offer:

- 30-60 Day Detox/Res/Day-Night/IOP/Aftercare
- 21-Day Detox/Res
- 5-10 Day Detox Only
- Outpatient Only With or Without Residence
- MAT (Suboxone Maintenance Program)
- Length of Stay can be Flexible

We have 3 inpatient and 17 outpatient locations throughout Florida

[SEE THE WEBSITE FOR DETAILS](#)

## Former Patient Praises WhiteSands Treatment Sarasota for ?All the Sunshine and Healing You Could Ask For?

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Sarasota, Florida?The ?tranquil environment? at WhiteSands Alcohol & Drug Rehab was an essential factor in addiction recovery for one former patient, who posted a 5-star review of WhiteSands? outpatient facility in Sarasota, Florida.

?Sarasota is uniquely beautiful,? wrote Robert, the former patient. ?It is a tranquil environment to thrive. All the sunshine and healing you could ask for.?

Sarasota is one of several recovery facilities operated throughout Florida by WhiteSands, which offers residential and outpatient care for those struggling with alcohol or drug addiction. Newsweek has listed it as one of the ?Best Addiction Treatment Centers in America? and the best in Florida for three consecutive years. One proof of its high quality is the fact that WhiteSands has more clients living in sustained recovery after leaving treatment than many other programs, thanks to its emphasis on relapse prevention and continuing outreach to graduates.

Many former patients, like Robert, comment on WhiteSands' location in pleasant areas like Sarasota, where beautiful beaches and delightful attractions draw millions of visitors to the southwest Florida coast each year. WhiteSands' residential facilities offer an array of recreational and social activities, which is part of a deliberate, strategic therapeutic approach. Clients are much more receptive and more likely to achieve long-term sobriety when they can focus on recovery in a comfortable, relaxed atmosphere where they are treated with respect and dignity. Facilities are typically located on a 10-acre campus that gives clients plenty of space for contemplation and reflection. Part of the WhiteSands philosophy of creating a welcoming, hospitable atmosphere is its referring to clients as "clients" only when they are in treatment; otherwise, they are "guests."

WhiteSands also believes in treating the whole self, not just the addiction; good mental and physical health is critical to recovery. For this reason, WhiteSands includes an on-site recreation center where patients can come when they finish treatment at the end of the day. In the state-of-the-art center, they can participate in activities that include a boxing program to burn off pent-up energy while getting physically fit. WhiteSands set up the boxing program to help clients exert energy in a healthy, constructive manner while also improving their physical health and exploring new interests.

Treatment programs include group and individual behavioral therapy; accelerated resolution therapy; sober living facilitation; mental health treatment; trauma therapy; and dual diagnosis treatment, which approaches addiction as a symptom of an underlying emotional or psychological condition rather than as a single disorder.

Because the facility offers all levels of care, patients are guided throughout each stage in the recovery process, from inpatient residential treatment to outpatient rehab, partial hospitalization, and beyond. Treatment is provided by a team of board-certified specialists who are experts in their field, with specialties that include behavioral therapy, partial hospitalization, alcohol rehab programs, and medical detox.

Treatment at WhiteSands also goes deeper than healing the addiction but is designed to reveal its root causes. Options include family therapy, which can be an essential part of the healing process for clients who are ready to explore their issues; it is only conducted with the client's prior permission.

WhiteSands' overarching treatment objective is to guide clients to sobriety by helping them develop a healthier sense of self, build stronger interpersonal relationships and stand strong in the face of temptation to succumb to relapse. Most clients leave WhiteSands with a rejuvenated mindset and confidence in their ability to sustain their sobriety for life.

Anyone seeking comprehensive treatment for a substance use disorder can visit WhiteSands Alcohol &

Drug Rehab or call 877-959-2008.

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For more information about WhiteSands Alcohol & Drug Rehab Sarasota, contact the company here: WhiteSands Alcohol & Drug Rehab Sarasota Ryan Monesson (941) 960-7405 [rmonesson@wstreatment.com](mailto:rmonesson@wstreatment.com) 3202 N Tamiami Trail, Sarasota, FL 34234

### **WhiteSands Alcohol & Drug Rehab Sarasota**

*WhiteSands Alcohol & Drug Rehab Sarasota is the leading addiction treatment center in Sarasota Florida, for detox and rehab programs. From alcohol, and meth to prescription drug addiction, we can help.*

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