



## **WhiteSands Treatment Publishes New Drug Detox Resource as Updated Clinical Guidance Sharpens Focus on Withdrawal Safety**

*September 17, 2026*

ORLANDO, FL - September 17, 2026 -

WhiteSands Treatment has published a new educational resource explaining what patients can expect during drug detoxification and why withdrawal management should be based on the substance involved, medical history, physical dependence, and clinical assessment. The resource, "What Happens During Drug Detox in Orlando, FL," arrives as addiction-medicine organizations continue emphasizing medically appropriate withdrawal management, particularly for substances associated with potentially serious complications.

The publication has added relevance following the release of the Joint Clinical Practice Guideline on Benzodiazepine Tapering, developed through a multidisciplinary effort led by the American Society of Addiction Medicine. The guideline advises that patients who have developed physical dependence on benzodiazepines generally should not abruptly discontinue the medication. Instead, tapering should be individualized and clinically supervised to reduce withdrawal risks.

The U.S. Food and Drug Administration has similarly required its most prominent boxed warning for benzodiazepines to address abuse, addiction, physical dependence, and withdrawal reactions. The FDA states that abruptly stopping benzodiazepines or reducing the dosage too quickly can result in serious withdrawal reactions, including seizures. These national recommendations provide timely context for educational resources explaining what medically managed withdrawal can involve.

WhiteSands' new article describes detoxification as an initial phase of care rather than a complete response to substance use disorder. Clinical evaluation may consider the substance being used, duration and frequency of use, previous withdrawal experiences, co-occurring health conditions, medications, and psychiatric symptoms before determining the appropriate setting and withdrawal-management approach.

That distinction is particularly relevant for benzodiazepines such as alprazolam, commonly known by the brand name Xanax. WhiteSands published a separate educational resource in March 2026 examining Xanax onset, duration, tolerance, and physical dependence. The provider's information notes that prolonged benzodiazepine use can result in dependence and that medication changes should occur with clinical supervision rather than abrupt discontinuation. That position is consistent with current ASAM and FDA guidance.

The need for clear information about addiction treatment remains substantial in Florida. SAMHSA's 2024 National Substance Use and Mental Health Services Survey identified hundreds of substance use treatment facilities across the state and found that 67.8 percent of Florida facilities reported programs or services for patients with co-occurring mental health and substance use disorders. The data illustrates why treatment decisions often extend beyond managing physical withdrawal alone.

WhiteSands Alcohol & Drug Rehab Orlando operates within a broader Florida treatment network offering multiple levels of substance use disorder care. Independent records from The Joint Commission currently identify the Orlando location at 56 East Pine Street as providing intensive outpatient services and outpatient therapy. The Joint Commission states that accredited organizations undergo comprehensive reviews at least every three years to ensure compliance with national standards for treatment, safety, staffing, leadership, facilities, and other operational practices.

WhiteSands' broader Florida network also includes medically managed residential treatment, clinically managed residential treatment, partial hospitalization, intensive outpatient programming, and outpatient therapy at other accredited sites. Patients requiring detoxification or residential stabilization may therefore need placement at an appropriate network facility before transitioning to outpatient programming closer to home.

This distinction can be important for people entering a drug rehab near me search in Orlando. Search

proximity does not determine whether a particular location provides the level of care a patient needs. Withdrawal risk, medical stability, psychiatric symptoms, substance use history, home environment, and the intensity of clinical support required can all affect placement.

People comparing the best drug rehab centers in Orlando may therefore benefit from looking beyond generalized rankings. Independent accreditation, state licensing, verified levels of care, clinical assessment practices, psychiatric support, medication management, and continuity between treatment settings provide more objective criteria for comparing programs.

An inpatient drug rehab in Orlando search may be appropriate for patients or families trying to understand highly structured treatment. Still, inpatient or residential care is not interchangeable with outpatient treatment. WhiteSands? independently verified Orlando location provides outpatient and IOP services, while residential and medically managed services are listed at other accredited WhiteSands locations in Florida.

For medically stable patients, outpatient drug rehab in Orlando can provide scheduled behavioral health services without requiring overnight residence. The Orlando location?s Joint Commission listing specifically verifies outpatient therapy and intensive outpatient services. WhiteSands? published outpatient information describes counseling, structured group treatment, medication-assisted treatment, and care for co-occurring mental health conditions among services available through its outpatient programming.

An intensive outpatient drug rehab in Orlando provides greater treatment structure than standard outpatient counseling while allowing patients to continue living outside a residential facility. IOP may function as a step-down level following more intensive treatment or as an initial level of care for patients whose assessments indicate that 24-hour supervision is unnecessary.

The resource has particular local relevance for people in Lake Nona, Windermere, Isleworth, Keene?s Pointe, Bay Hill, Doctor Phillips, and Winter Park who are comparing treatment services across the Orlando area. Geographic accessibility may affect transportation, work responsibilities, family participation, and ongoing attendance, but appropriate treatment placement remains dependent on clinical need rather than neighborhood proximity alone.

Current benzodiazepine guidance further illustrates why those distinctions matter. ASAM states that nearly all patients who take benzodiazepines regularly for more than a month will develop physical dependence. However, physical dependence is not the same as a substance use disorder. The organization recommends patient-centered tapering when discontinuation is appropriate, with adjustments based on withdrawal symptoms and clinical response.

The FDA also cautions that benzodiazepines can carry greater risks when combined with substances such as

opioids or alcohol. Its safety guidance emphasizes gradual dose reduction for patients who have developed dependence and continued clinical monitoring during the process. These recommendations reinforce the central message of the newly published WhiteSands resource: withdrawal management should be approached as a medical and clinical decision rather than a uniform process.

By publishing the new detox resource, WhiteSands Treatment is adding timely patient-focused information to the broader discussion surrounding withdrawal safety, benzodiazepine dependence, and appropriate levels of addiction care. The article provides patients and families with additional context for understanding detoxification. At the same time, current ASAM and FDA guidance reinforces the importance of individualized clinical assessment, supervised withdrawal when indicated, and continuity into appropriate ongoing treatment.

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### **WhiteSands Alcohol & Drug Rehab Orlando**

*WhiteSands Alcohol & Drug Rehab Orlando is the leading addiction treatment center in Orlando Florida. Specializing in providing a full continuum of care. From detox and rehab to after care and alumni support.*

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