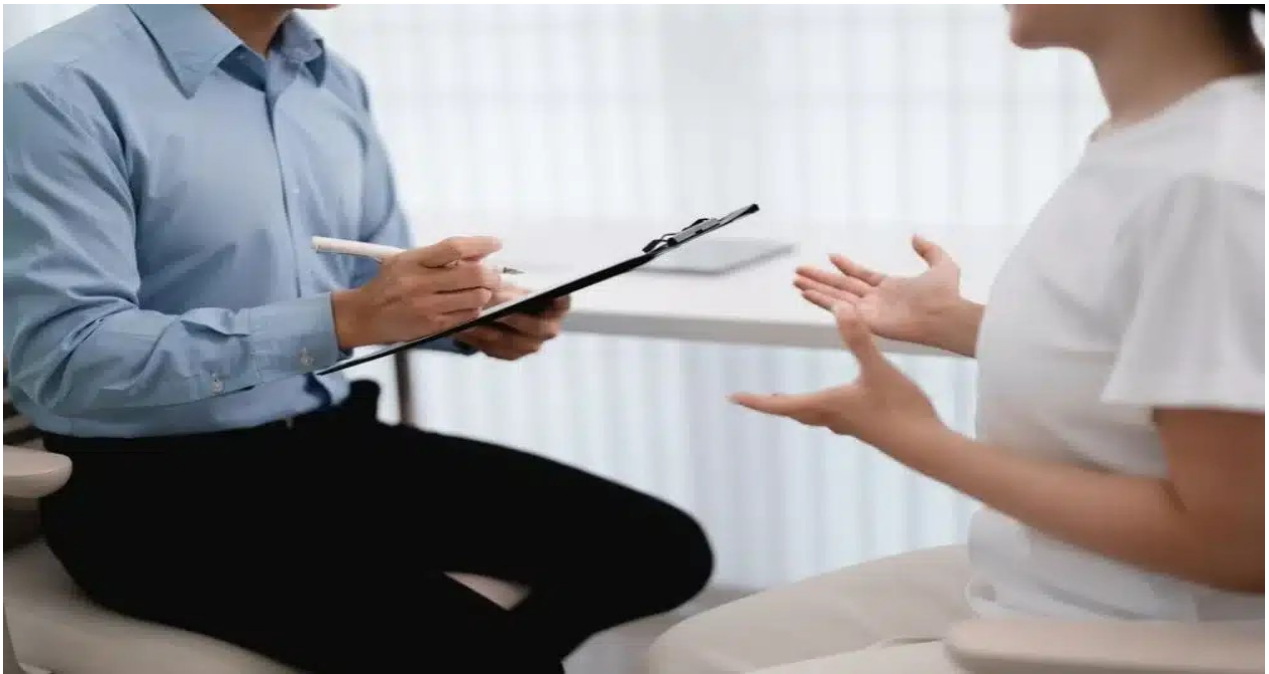




WhiteSands Alcohol & Drug Rehab Publishes New Resource on Co-Occurring Mental Health and Substance Use Disorders

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WhiteSands Alcohol & Drug Rehab has published a new educational resource examining mental health treatment for patients experiencing anxiety, depression, trauma, and conditions that occur alongside substance use disorders. The June 30, 2026 article, "Mental Health Treatment in Tampa: What WhiteSands Offers," outlines how clinical assessment, therapy, psychiatric care, medication management, and coordinated behavioral health services may be incorporated into treatment planning.

The publication addresses a significant behavioral health issue documented in national data. According to the Substance Abuse and Mental Health Services Administration's 2024 National Survey on Drug Use and Health, approximately 21.2 million U.S. adults had both any mental illness and a substance use disorder during the previous year. That represented 8.1% of adults nationwide. Among those 21.2 million adults, 41.2%, or approximately 8.8 million people, received neither mental health treatment nor substance use treatment during the year covered by the survey.

SAMHSA recommends integrated care for patients with co-occurring conditions because the presence of mental health and substance use disorders can complicate diagnosis and treatment. The agency states that coordinating mental health and substance use interventions can improve quality of care by addressing both conditions rather than treating them independently.

Research summarized by the National Institute on Drug Abuse provides additional clinical context. NIDA reports that integrated treatment for co-occurring drug use disorders and mental illness has generally performed better than treating each diagnosis separately. Integrated approaches may incorporate behavioral therapies, strategies to strengthen coping skills and motivation, and coordination among clinical and supportive-service providers. These findings describe evidence from the broader treatment field and are not outcome claims specific to WhiteSands.

The newly published WhiteSands resource explains how that coordinated model may apply when patients present with psychiatric symptoms, substance use, or both. The article identifies depression, bipolar disorder, anxiety disorders, PTSD, trauma-related conditions, and other behavioral health concerns among conditions addressed through the organization's clinical programming. It also describes therapies, including cognitive-behavioral therapy, dialectical behavior therapy, trauma-focused approaches, individual counseling, group therapy, family therapy, psychoeducation, and medication management.

WhiteSands' current Tampa treatment information distinguishes services by location. The Hyde Park location lists structured outpatient services, intensive outpatient programming, partial hospitalization, mental health treatment, and dual diagnosis care for co-occurring psychiatric and substance use disorders. Medical detoxification is not provided at the Hyde Park location. WhiteSands states that patients requiring medically supervised withdrawal management may be referred to its Plant City facility before transitioning to another appropriate level of care.

This distinction is relevant because patients may require different levels of treatment depending on symptoms, withdrawal risk, safety concerns, previous treatment history, home environment, and clinical assessment. Rather than describing a single program as appropriate for every patient, the WhiteSands resource presents care as a continuum in which treatment intensity may vary as clinical needs evolve.

The resource also provides context for terminology families frequently encounter when researching drug addiction treatment centers. Long-term drug rehab and short-term drug rehab generally describe differences in treatment duration. In contrast, dual diagnosis drug rehab refers to coordinated treatment of addiction and co-occurring mental health conditions. Evidence-based drug rehab emphasizes clinical approaches supported by research, while holistic drug rehab programs may incorporate wellness-oriented services alongside, rather than in place of, established behavioral and medical treatment.

The information may be particularly relevant to patients and families in Hunter's Green, Cory Lake Isles, Arbor Greene, West Meadows, Grand Hampton, and K-Bar Ranch who are evaluating behavioral health and substance use treatment in the greater Tampa area. Proximity can be one consideration, but available clinical services, level of care, professional credentials, treatment approach, insurance coverage, and the ability to address co-occurring conditions can also affect treatment decisions.

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For more information about WhiteSands Alcohol & Drug Rehab Tampa, contact the company here: WhiteSands Alcohol & Drug Rehab Tampa Ryan Monesson +18132130442 rmonesson@wstreatment.com 215 W Verne St Suite A, Tampa, FL 33606 (813) 213-0442

WhiteSands Alcohol & Drug Rehab Tampa

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Website: <https://whitesandstreatment.com/locations/florida/tampa-drug-rehab/>

Email: rmonesson@wstreatment.com

Phone: +18132130442

