



Fort Myers Drug Rehab Center Publishes Checklist On How To Avoid Relapse

December 18, 2018

December 18, 2018 - PRESSADVANTAGE -

WhiteSands Treatment Center in Fort Myers, FL, has announced that they have just published a checklist on how to prevent relapse. The article is titled, "Things That Your Daily Relapse Prevention Checklist Should Include" and is geared towards those who have completed rehab so that they can have a number of ways to keep themselves from relapsing.

Joe Ducey, spokesperson for WhiteSands Treatment Center, says, "A study published in 2000 suggested that in the first year of recovery from substance use disorder, people tend to have a relapse rate of between 40 and 60 percent. Taking every advantage is key to helping you to remain clean and sober. As such, having a daily relapse prevention checklist that they can use is vital."

First of all, it is advisable to schedule an emotional therapy session in such a way that the following day, they should be able to speak with their sponsor or have follow up sessions to help them work through those feelings that could overwhelm them and cause them to relapse. For instance, it is often not a good idea to schedule an emotional therapy session on a Friday because the weekend could be a challenging one and could give rise to overwhelming emotions.

Second, the Fort Myers drug rehab center advises those who are on the road to recovery that they should realize that they will always encounter some stress as they go through daily living. They may have problems in the home, at work or with their finances. And all that stress can pile up until it can become overwhelming. That is why it is essential to set aside some time each day to reflect on those things that the person finds troubling. Perhaps, sitting down in a favorite chair and reading the Bible and meditating can be enough to relieve the stress.

In relation to the previous item, a daily emotional self-assessment is also advisable. One way for a recovering person to self-assess is to list down the usual triggers, such as fear, anger, frustration, self-doubt, shame, guilt, and stress. After listing down these triggers, the next step would be to rate each trigger on a scale of 1 to 10. This allows the person to identify which triggers are near 10 or have reached 10 and find out how to address these so as to reduce their impact, or better still, avoid the sources of those emotional triggers.

Finally, it would be a good idea for the recovering person to avoid those triggers, including those places that can cause them to crave the use of a substance or drug. Meanwhile, the said article has identified some resources that those who are on the road to recovery and their loved ones can find useful in their daily relapse prevention efforts.

Meanwhile, WhiteSands Treatment Center in Fort Myers offers both outpatient and inpatient rehab treatments. The outpatient programs are suitable for people who want to keep their privacy and those who have already completed an inpatient rehab treatment and only need to undergo some follow up sessions. Outpatient treatments are usually composed of individual therapy and counseling, group intensive outpatient therapy and counseling, inpatient and outpatient levels of care, treatment programs for alcohol addiction or substance addiction, and treatment programs for patients with co-occurring disorders.

The inpatient drug rehab facilities at WhiteSands in Fort Myers is a resort property that is campus-style and is made up of nine custom-build houses. Each house has four bedrooms and the houses are connected by cobbled pathways. In between the houses, in order to create a relaxing and comfortable atmosphere, are streams, fountains, gazebos and beautiful landscaping. In each house, there is a large living room with flat screen TV so that patients feel as if they are at home and can relax. Furthermore, a large lanai porch is provided for each house to allow patients to bask under the sun and get some outdoor relaxation.

Those who are interested in the treatments available at the WhiteSands at Fort Myers, can visit their website or call them by phone.

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For more information about WhiteSands Treatment Center - Fort Meyers, contact the company here:WhiteSands Treatment Center - Fort MeyersJoe Duceymedia@whitesandstreatment.com1820 Colonial

BlvdFort Myers, FL 33907

WhiteSands Treatment Center - Fort Meyers

Website: <https://whitesandstreatment.com/locations/florida/fort-myers-drug-treatment-center/>

Email: media@whitesandstreatment.com



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