



## **Fort Myers Woman Thanks WhiteSands Alcohol and Drug Rehab As She Continues to Thrive in Her Recovery Nearly One Year Later**

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Fort Myers, FL - As she celebrated eight successful months of sobriety, Myrna, a WhiteSands Treatment alumna, thanked the Alcohol and Drug Rehab in Fort Myers for helping her succeed. Myrna sought treatment at WhiteSands Fort Myers location when she realized addiction was taking over nearly every facet of her life and that she was quickly losing control.

Because addiction is a chronic, relapsing disease, Myrna knew that she couldn't waste any time before addiction would completely ruin her life. Once she made the decision to seek help, she never looked back.

"I've been sober for eight months and much of my sobriety I owe to WhiteSands Fort Myers," Myrna stated in her review. "I will always speak about this journey and how significant it was in my life." Read the whole story at <https://whitesandstreatment.com/2021/03/12/fort-myers-patient-owes-sobriety-to-whitesands/>

Recovery from addiction is a life-long process that doesn't end when a person is discharged from rehab treatment. It takes dedication, support, and vigilance to succeed in recovery long term. WhiteSands Alcohol and Drug Rehab provides strong ongoing support for patients post-rehab in the form of outpatient treatment, aftercare, and maintaining an active alumni organization.

Myrna is one of the thousands of patients WhiteSands has helped achieve successful sobriety. The addiction treatment center has a unique philosophy. Unlike many rehabs that rely on a one-size-fits-all approach, WhiteSands customizes each treatment program to meet the needs of each individual patient. Their all-inclusive, combination therapy includes medication-assisted treatment (MAT), holistic treatment modalities, and group and individual therapy to provide the most comprehensive addiction treatment available. WhiteSands' goal is to give patients all the tools and resources required to have the best possible chance of achieving long lasting sobriety.

WhiteSands also provides aftercare and plenty of resources for patients after they've been discharged from treatment. Trigger management, relapse prevention, life skills, employment support, sober living arrangements, and 12-step support groups are just some of the ongoing care that patients can expect to receive.

"I would highly recommend this to anyone that is serious about their recovery. This works, so if you're wondering if this might be the place for you, please give it a go. You will not regret it," said Myrna.

Through rehabilitation treatment, WhiteSands teaches patients how to function in daily life and become productive members of society again. When patients know they have a support system to turn to and exactly what to do and where to go when they need help, they are far more confident in their recovery.

The first and often the hardest part of recovery is realizing it's time to ask for help. For anyone struggling with drug or alcohol addiction, WhiteSands Alcohol and Drug Rehab can help. WhiteSands offers all levels of care and a full continuum of addiction treatment options. Their intake team is available 24/7 at (239-237-5473)

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For more information about WhiteSands Alcohol & Drug Rehab Fort Myers, contact the company

here:WhiteSands Alcohol & Drug Rehab Fort MyersRyan Monesson(239)  
237-5473rmonesson@wstreatment.com1820 Colonial Blvd, Fort Myers, FL 33907(239) 237-5473

## **WhiteSands Alcohol & Drug Rehab Fort Myers**

*Fort Myer's #1 destination for detox & rehab treatment from prescription, alcohol, and drug addiction. Come experience the WhiteSands difference. Private rooms, amazing amenities, and world-class recovery results.*

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

Email: [rmonesson@wstreatment.com](mailto:rmonesson@wstreatment.com)

Phone: (239) 237-5473

