

After Suffering a Relapse Clearwater Woman Finds Hope and Healing at WhiteSands Alcohol and Drug Rehab

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CLEARWATER, FL - May 27, 2021 -
Clearwater, FL - After Arianna, a Clearwater resident, received care for substance use disorder at WhiteSands Alcohol and Drug Rehab in Tampa, she was moved to leave the addiction treatment center a five-star review on Google. In it, she credits the dedicated staff for her eventual success in finding lasting recovery.

?They are always wanting to help and will bend over backward to do so,? Arianna said. Like many others, Arianna successfully completed her inpatient treatment at WhiteSands, but unfortunately relapsed once she left treatment and re-entered the world outside of rehab. This is not uncommon for people struggling with drug or alcohol addiction, as returning back to life outside of treatment can open up many doors to previous triggers. Learning how to avoid and cope with these triggers is critical in maintaining sobriety, it takes time, and sometimes even returning to treatment, to become confident in those skills.

Relapse is not the end of the journey. After successfully completing inpatient rehab and then relapsing, Arianna was unsure whether WhiteSands would take her back on short notice.

?I thought that after I relapsed, I wouldn?t be a priority to come back. But as soon as I called, everyone was overjoyed that I wanted to come back and they got me in the next day,? Arianna said.

Although relapsing may feel like a failure in recovery, addiction experts say that is simply not true. Addiction is a chronic disease that affects brain function, meaning that relapse is a real possibility. Relapse does not mean that a person has failed in recovery. It?s important to remember:

Because addiction is a disease that changes brain function, relapse is a possibility. Studies show that between 40-60% of individuals relapse once they have completed treatment Recovery is a long-term, ongoing journey that lasts a lifetime. Addiction is a disease that cannot be cured, rather it can be put into a state of remission or recovery

WhiteSands Alcohol and Drug Rehab understand that complete sobriety is not always accomplished the first time around.

?WhiteSands understands that you don?t always get it on your first try and are willing and happy to help us in any way possible along our recovery journey,? Arianna says.

Treatment also does not end when someone is discharged from rehab. WhiteSands specialists strive to keep in contact with patients following their discharge to ensure they are heading in the right direction, and to offer long-term recovery support.

Recovery is not easy and treatment centers like WhiteSands understand that. They strive to bring all of their clients to long-term sobriety, offering a solid support system after completing rehab. It?s also important to join support groups and Alumni programs in order to aid in the dedication to recovery and long-term sobriety.

For anyone struggling with addiction, WhiteSands is available 24/7 to take calls and help individuals take the first step towards recovery from addiction at (877) 626-1765.

Link to blog: https://whitesandstreatment.com/2021/04/02/clearwater-resident-who-relapsed-gets-second-chance-to-make-a-change/

Link to GMB Review: https://goo.gl/maps/SPayEQxpruBXMduN8

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WhiteSands Alcohol & Drug Rehab Clearwater

WhiteSands Alcohol & Drug Rehab Clearwater is the #1 addiction treatment center in Clearwater Florida. From detox to rehab, WhiteSands has locations throughout Florida offering a full continuum of care.

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