



WhiteSands Alcohol and Drug Rehab Helps Fort Myers Man Understand Addiction and How to Manage It

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Fort Myers, FL - Daniel, a resident of Fort Myers realized his life was spiraling out of control due to his addiction to alcohol and drugs. When he reached out to WhiteSands rehab he only knew that he needed help.

Like many people struggling with substance abuse, Daniel didn't realize that he was dealing with a brain disease that requires treatment and often medication to stabilize and manage. Fortunately, WhiteSands helped Daniel gain an understanding of what addiction actually is which helped to reduce the stigma around needing to reach out for help.

?This place really gave me a lot of insight into the basis of what addiction truly means and I am very grateful for every single person and staff member I encountered,? he said.

When people have the misconception that addiction is simply the result of a lack of willpower, it can make

them feel like a failure. WhiteSands realizes that helping people understand that addiction is not their fault they start out treatment with a more optimistic mindset.

Gaining a clear understanding of addiction also means learning how the disease develops and progresses. Generally, addiction tends to follow four stages that lead up to full blown addiction. The stages include experimentation, ongoing regular use eventually leading to abuse, building tolerance and dependence, and finally addiction. It's important to note that not all cases of addiction begin with experimentation. Many people who find themselves addicted to drugs started by taking medication exactly as prescribed by their doctor. Some prescription drugs, including opioids and benzodiazepines, are so addictive that tolerance, dependence and addiction can occur very quickly.

When people understand the progression of the disease of addiction, it can make it easier to know when to reach out for help. As with any disease, early intervention produces better outcomes with less long term damage.

WhiteSands offers patients like Daniel personalized addiction treatment programs that are tailored to their unique needs meeting them at whatever stage of addiction and recovery they're in when they first reach out for help. WhiteSands has a very high success rate of helping clients achieve long term recovery in part because they provide strong ongoing support to help patients successfully navigate triggers and temptation as they reintegrate into daily life after inpatient treatment.

?I would recommend this facility to anyone that is on the brink of what I call their own destruction,? said Daniel.

For anyone struggling with addiction, WhiteSands is available 24/7 to answer questions and provide guidance in how to take the next step toward recovery. Call (877) 640-7820 or go to www.whitesandstreatment.com.

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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/>

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