



## **White Sands Alcohol and Drug Rehab Provides Sarasota Patient the Structure Needed to Successfully Navigate Recovery**

*August 13, 2021*

August 13, 2021 - PRESSADVANTAGE -

Sarasota, FL - After multiple attempts at rehab and recovery, Sarasota resident Brian was in search of better treatment options. When he discovered White Sands he decided to give treatment another try.

"White Sands was great! I've been to numerous drug and alcohol facilities, and I can with confidence say that this is the best program I've been to," he said.

White Sands founders recognized the high rates of relapse in the addiction treatment field and decided to try and do better. They felt that the lack of success in alcohol and drug rehabs could be attributed, in part, to treatment centers applying a one size fits all approach to every client.

White Sands creates truly individualized treatments that consider the whole person. They ensure that each client has the confidence, resources, support, and tools required to have the greatest chance of success in every facet of their lives once they complete treatment.

Treating addiction is one thing, but rehabilitating patients and teaching imperative life skills is vital to patients' long-term success in recovery. WhiteSands invests in every single patient so that they can exit treatment with reassurance and confidence in themselves.

Some elements of treatment that lead to greater success include diagnosing and treating co-occurring disorders, providing more frequent one-on-one therapy sessions, individualized treatment programs, life skills programs, facilitation of support groups and therapy post-treatment, and strong follow-up, relapse prevention, and aftercare efforts.

Clients like Brian appreciate the ease of transition through each level of care at WhiteSands. The center offers the full continuum of addiction care from detox and inpatient treatment to outpatient and aftercare directly on site. To ensure positive recovery outcomes, patients are guided through each level of care through a structured transition process that eases any stress or uncertainty around the adjustment process. When patients can move through the levels of care seamlessly and do not have to worry about setting up their own outpatient treatment or aftercare, they are much more likely to avoid relapse in the critical period just after completing inpatient treatment.

Another unique element of WhiteSands treatment is that many of the staff are in recovery themselves. Since they've had similar experiences, they genuinely understand and connect with patients through first-hand knowledge of their struggles.

"From the group therapy to the housing, not to mention the tremendous team they have, they actually care and want to see you succeed!" said Brian.

WhiteSands staff shows unwavering dedication to patient recovery and setting patients up for success once they have left inpatient and outpatient treatment. By providing a structured aftercare and relapse prevention plan, patients have the tools and resources that will help them sustain their sobriety long-term. When patients like Brian can re-enter society with confidence, they are much more likely to maintain their sobriety on a life-long basis.

For anyone struggling with drug or alcohol addiction, contact the intake team at WhiteSands Alcohol and Drug Rehab at (877) 640-7820 or visit [www.whitesandstreatment.com](http://www.whitesandstreatment.com).

###

For more information about WhiteSands Alcohol & Drug Rehab Sarasota, contact the company here: WhiteSands Alcohol & Drug Rehab Sarasota Ryan Monesson (941) 960-7405 [rmonesson@wstreatment.com](mailto:rmonesson@wstreatment.com) 3202 N Tamiami Trail, Sarasota, FL 34234

## **WhiteSands Alcohol & Drug Rehab Sarasota**

*WhiteSands Alcohol & Drug Rehab Sarasota is the leading addiction treatment center in Sarasota Florida, for detox and rehab programs. From alcohol, and meth to prescription drug addiction, we can help.*

Website: <https://whitesandstreatment.com/locations/florida/sarasota/>

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

Phone: (941) 960-7405

