

Fort Myers Woman Finds Sobriety Through Coping Mechanisms and Trigger Management Skills Gained at WhiteSands Alcohol and Drug Rehab

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Fort Myers, FL - Emily, a former patient of WhiteSands Alcohol and Drug Rehab recently thanked the addiction treatment center for helping her find success on her journey to recovery. She credits the staff and fellow patients for teaching her the coping skills she needed to prevent relapse and maintain sobriety throughout her life.

?If you are struggling to get clean or sober and not sure how to stay sober, this place has provided me with an amazing level of insight on my addiction and how to continue to stay sober when I leave,? said Emily.

Anyone going through addiction treatment needs a high degree of support, something that not all drug and alcohol rehab facilities provide. The staff at WhiteSands specialize in offering care and support not only during residential treatment but long after as well. Receiving ongoing support after inpatient addiction treatment is vital in maintaining overall sobriety long-term.

Some aftercare services offered at WhiteSands include outpatient therapy, alumni events, group therapy sessions, and ongoing medication-assisted treatment. Alumni groups can be a great way to connect with fellow members in recovery and share insights on maintaining sobriety. WhiteSands arranges for all of these services before patients leave their facilities so they are equipped with the tools they need to continue to learn and grow in recovery.

During their time at WhiteSand, patients gain tools and practices that they?ll need to ensure sobriety. Patients learn how to manage triggers to use drugs and alcohol as well as learn how to recognize the warning signs of relapse, how to avoid one, and what to do if a relapse does occur. Being aware of potential triggers is key in maintaining sobriety. Through ongoing treatment and support, clients are able to identify and prevent triggers from derailing their sobriety.

When graduating from inpatient detox and rehab treatment, WhiteSands ensures patients leave with a clear recovery plan in place. Outpatient treatment, therapist appointments, and support group meetings will all be lined up before a patient is discharged so that it?s easy to transition from one level of care to the next.

Forming connections and building a sense of community with others in recovery provides tremendous support for people learning to manage the disease of addiction. Spending time with people facing similar challenges and focused on similar goals helps patients create new social circles and makes it easier to build an alcohol and drug free life. WhiteSands fosters a family-like environment and helps patients form a recovery community that will serve them for a lifetime.

?Not only are the groups and therapists helpful and beneficial, but the conversations I?ve had with the staff and fellow patients have also helped me so much as well,? said Emily.

Anyone in need of support for substance abuse, whether for themselves or a loved one, can speak with a treatment specialist anytime day or night by calling (877) 640-7820. Visit www.whitesandstreatment.com to learn more.

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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

Phone: (239) 237-5473