Outpatient Addiction Treatment Helps Sarasota Man Navigate Life After Rehab

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Sarasota, FL - For a recovering addict, the period just after rehab can be a vulnerable time when the possibility of relapse, and even overdose, are especially high. At WhiteSands Alcohol and Drug Rehab in Florida, personalized outpatient treatment, sober living homes, and aftercare programs provide strong support that helps clients maintain their sobriety as they begin to navigate life outside the treatment center. Read the article, "Outpatient Treatment And Aftercare Helped Patient With A Seamless Transition To Life After Addiction"

Barry, a recent WhiteSands graduate, completed detox and inpatient rehab at WhiteSands in Tampa. He then moved on to the facility?s sober living and intensive outpatient program close to his home in Sarasota. He left the treatment center a heartfelt 5-star review on Google thanking them for their help.

?WhiteSands sober living and IOP in Sarasota are excellent for gaining and maintaining one?s own sobriety,? he said. ?The sober living house is an environment that promotes independence while demanding

accountability to one?s self and to others in a sober environment. Independence and accountability promote growth in personal responsibility.?

Barry acquired the skills and the personal accountability he needed to keep him on a sober path while also gaining a tight-knit recovery community he could count on for support and camaraderie.

In his review, Barry recounted how much the fellowship of others helped him. ?The program promotes honesty and comradeship as individuals learn they have similar stories to one another. [It] generates a humble bond and trust among all members of the group. This dynamic familiarity engenders the courage to process negative thoughts, ongoing struggles, emotions, and any desire to use leading to relapse,? he said.

When they first set out, WhiteSands? founders Garry Jonas and Joseph Ducey recognized that relapse rates in the addiction treatment industry were abysmal so they made it their mission to create something different. Since opening their doors in 2014, they?ve been constantly analyzing what innovations they can implement to raise the bar in their treatment center.

WhiteSands? unique life skills program is centered around helping patients learn to maintain a healthy and balanced daily routine including sleeping well, eating well, and exercising. Implementing these habits helps clients improve their entire lives and is key to relapse prevention.

WhiteSands? sober living and transitional housing help clients build confidence in these and other healthy changes learned in treatment. In this environment, they enjoy an element of freedom but also must abide by specific rules. Founders and clinical staff recognized when patients have responsibilities it holds them accountable. The sober living program facilitates decision-making skills and allows patients to make informed choices in their day-to-day lives.

?The expectation in WhiteSands sober living is that each individual makes better decisions with an understanding that each individual understands his/her own responsibility for his/her behaviors and sobriety,? Barry said.

WhiteSands appears to be achieving its goals of helping more people find lasting sobriety. In 2020 and 2021, they were ranked the number one addiction treatment center in Florida by Newsweek magazine. Newsweek?s annual list is informed by a survey of healthcare professionals who evaluate treatment facilities based on their quality of care, service, follow-up care, accommodations, and amenities. This professional recognition combined with hundreds of independent 5-star reviews from past clients like Barry suggests that WhiteSands is in fact setting the standard of care for addiction recovery.

Anyone in need of help with substance abuse for themselves or a loved one can speak with a WhiteSands treatment specialist at any time by calling (877) 640-7820. Calls are 100% confidential.

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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.

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