

Structure Discipline and Physical Fitness Help St. Petersburg Man Recover at WhiteSands Alcohol and Drug Rehab

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St. Petersburg, FL - Ramon, a former guest of WhiteSands Alcohol and Drug Rehab, recently reflected on his experience in residential inpatient treatment at the facility in a 5-star review on Google. As part of their commitment to raising industry standards, WhiteSands aims to facilitate long-lasting recovery from substance abuse and does this through unique treatment modalities focused on rehabilitating patients and teaching them vital coping skills and trigger management techniques.

?WhiteSands Treatment facility has not only given me back my life, but it has also guided me and showed me a better way of life,? said Ramon.

WhiteSands founders recognized that humans are by nature creatures of habit that can be prone to addiction and obsessive behaviors. With this in mind, they worked to create a program that encourages discipline and replaces harmful addictive behaviors with healthy ones. Guests also have the opportunity to spend time

working on their physical health and general life management skills. Adjusting to everyday life post-treatment comes with unique challenges and hurdles, and getting into a sound routine can make a big difference.

?Structure and discipline allowed me to get my health back,? Ramon said.

The addiction treatment center emphasizes recovery through fitness to help maintain the well-being of patients? minds and bodies. WhiteSands inpatient campus features a newly-constructed 15,000 square-foot athletics complex featuring a range of exercise equipment and activities. Personal trainers work with patients to construct personalized fitness programs tailored to their unique needs. As a result, guests experience boosted energy levels, increased productivity, and have a physical outlet for the difficult emotions that can come up during the day in therapy.

WhiteSands founders, CEO Garry Jonas and COO Joseph Ducey, decided they wanted to emphasize patient comfort during the treatment process. Most treatment centers remove personal items like cell phones and laptops and only return them at the end of treatment. WhiteSands believes this puts additional unnecessary stress on clients who wish to keep in touch with their loved ones. At WhiteSands, patients are free to use their cell phones and laptops at the end of each day of therapy. This practice dramatically improves patients? comfort level and significantly reduces anxiety proving beneficial for client success overall.

?We truly believe that treating a patient as a guest after clinical hours teaches them that they deserve to experience healthy pleasures in life and learn to have fun while sober,? Jonas said.

Clinically and medically, WhiteSands provides more than what is required by industry standards. Patients of WhiteSands receive individual or family therapy five times a week, while other centers provide it just once. Highly credentialed medical and support staff are available during all stages of treatment and recovery, a practice that results in better continuity of care and improved patient outcomes.

?What more can I say, if you want to recover this is the place to go,? said Ramon.

In addition to consistently receiving five-star reviews from clients like Ramon, WhiteSands was ranked the #1 addiction treatment center in Florida by Newsweek magazine in 2021 for the second year in a row. Newsweek?s annual rankings are informed by a survey of medical professionals who rate alcohol and drug rehab centers based on the quality of care, services provided, follow-up care, accommodations, amenities, reputation, and accreditation compared to their in-state competition.

For anyone in need of effective high-quality addiction care WhiteSands is available 24/7 to answer calls and

help take the first step towards a better life. Call (877) 640-7820 or visit www.whitesandstreatment.com to learn more.

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WhiteSands Alcohol & Drug Rehab St. Petersburg

WhiteSands Alcohol & Drug Rehab St. Petersburg is the #1 addiction treatment center (network of centers) in Florida according to Newsweek.

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