

Fort Myers Woman Thanks WhiteSands Alcohol and Drug Rehab for Providing a Safe and Serene Environment When She Was at Her Most Vulnerable

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Fort Myers, FL - Susan recently completed treatment at WhiteSands Alcohol and Drug Rehab in Fort Myers. She sought help for alcohol addiction and is now thanking the treatment center for helping her regain control over her life.

In a recent five star Google review, Susan wrote, ?I really did not know what to expect on my arrival to White Sands. First it was my decision to get help and change my life. Even for those of us that were forced or just did not want to be there you are welcomed by staff members that understand right where you are in your addiction. They have all been there and are in recovery with everyone else.?

Entering addiction treatment can be a confusing and stressful time, even for someone who knows getting help is their best option. Its critical for patients to feel welcomed right from the start so their fears are eased and they feel more receptive to the idea of treatment.

WhiteSands ?is a safe and serene environment to be in when we are at our most vulnerable,? said Susan.

WhiteSands in Fort Myers works to educate patients on the disease of addiction to erode the stigma associated with it. Helping patients understand how they arrived at this point, means they can begin to let go of the shame that often accompanies addiction and understand that this is a disease that can affect anyone.

?I was educated about my disease of alcoholism and taught so many ways to live my life in a better way. I discovered that the only way I can do that is to let a higher power take over,? Susan said.

WhiteSands? unique Life Skills Program encourages patients to continue to cultivate good health, general well-being, and organizational skills long after leaving treatment. The Life Skills Program is centered around creating and maintaining a healthy and balanced routine in daily life. The treatment center found that one of the keys to relapse prevention is sending patients home with new healthy living habits that keep them grounded and that they can practice for a lifetime.

Susan said, ?For anyone seeking recovery from whatever addiction you may have I highly recommend White Sands as a great starting point. Just know that it does not end when you leave. You may accomplish much, but will need to continue to grow in whatever 12 step program you choose- NA, CA, or AA.?

WhiteSands also provides a strong aftercare program which helps patients successfully navigate life after rehab. Staying sober takes consistency. Patients learn to set attainable goals and establish a lifestyle that is active and healthy for both the mind and body. Support groups like AA and NA are facilitated as an aftercare resource to help clients connect with a sober community that cultivates positive friendships and a sober support network.

WhiteSands? founders Garry Jonas and Joseph Ducey had the vision to create a treatment program that stood well above its competitors. They discovered that emphasizing patients? comfort and general wellbeing led to better treatment outcomes. This is reflected in WhiteSands? luxury amenities and accommodations. Patients reside in private rooms equipped with a TV and a private bathroom. Additionally, the WhiteSands fitness center includes personal trainers on staff, a swimming pool, basketball courts, beach volleyball, and more. The treatment center employs only the most highly-qualified addiction therapists, counselors, and medical specialists who are experts in substance abuse treatment and recovery.

WhiteSands was rated the number one alcohol and drug rehab in Florida by Newsweek magazine in 2020 and 2021. Additionally, the center receives hundreds of 5-star reviews from former patients like Susan, thanking WhiteSands for helping them regain control of their lives.

?Thank you to everyone I had the pleasure to recover with, including all staff and other recovering addicts from every walk of life,? said Susan. ?You helped me save myself and I am forever grateful.?

Anyone in need of treatment for substance use disorder can speak with a treatment specialist at any time by calling (877) 640-7820. To learn more or to live chat with a team member, visit 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.

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