


# Man Praises WhiteSands Treatment for Running a Fabulous Program

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ORLANDO, FL - May 08, 2023 -
Orlando, Florida?A client who completed substance abuse treatment at WhiteSands Drug & Alcohol Rehab in Orlando, Florida, has praised the facility in a 5-star Google review, calling it a ?fabulous program.?

?The staff is great,? wrote David, the client. ?They run a fabulous program here.?

David is one of many who have found sobriety at WhiteSands, which is proud to note a higher rate of graduates finding lasting recovery after leaving treatment. This is due to several factors, including offering more therapy sessions than the industry standard (five per week compared to just one); a high staff-to-patient ratio that keeps sessions smaller and more personalized; and a thoroughly credentialed and dedicated staff that provides better continuity of care and is totally focused on patient outcomes. In addition, WhiteSands offers a Life Skills Program for graduates, which sets them up for success through daily support ? a critical tool in relapse prevention.

Features like these helped WhiteSands rank on Newsweek magazine?s list of America?s Best Addiction Treatment Centers for three years in a row.

Besides the Orlando program that David attended, Florida-based WhiteSands operates residential treatment in Fort Myers and Tampa. At each site, clients find counseling and therapy customized for their needs. Programs use research-based clinical practice and take innovative approaches to treatment. The program?s goals go beyond merely helping clients conquer addiction but also seek to help recovering addicts develop a stronger sense of self and the life skills to break through to a life without substance use.

The journey to recovery includes family therapy; accelerated resolution therapy; sober living facilitation; mental health treatment; trauma therapy; and dual diagnosis treatment, which approaches addiction as a symptom of an underlying emotional or psychological condition rather than as a single disorder. Throughout their journey to recovery, from medical detox to behavioral therapy and Life Skills work, patients get expert guidance from board-certified treatment specialists.

Before treatment starts, each client?s needs are carefully reviewed to determine the best course of treatment. WhiteSands strongly believe in the importance of one-on-one therapy, although group sessions are also part of the treatment strategy. Therefore, each patient has four to five individual and/or family therapy sessions per week.

Contributing to the success of the program are the physical surroundings at WhiteSands, which offers comfortable accommodations and amenities ? they are not luxurious but are far more welcoming and hospitable than we usually associate with drug rehab facilities. WhiteSands believes in treating its patients like guests at a resort when they?re not in treatment.

It?s not a matter of pampering but is based on the common-sense belief that patients will be much more open to treatment if they are physically comfortable and treated with respect and dignity. This approach begins with the seemingly minor matter of calling its patients ?guests? when they are not in treatment. WhiteSands believes that a comfortable guest is a successful patient.

The facility is located on a spacious 10-acre campus. Accommodations are in private rooms, and clients have access to cell phones or other electronic devices to stay in touch with their support networks outside the center. Amenities on the WhiteSands grounds include a recreation center where clients can come at the end of treatment each day to relax and have fun with games, physical activities and socializing. Clients can join an optional boxing program led by a professional trainer, in which they can get physically fit and burn off pent-up energy. WhiteSands believes that when patients can exert energy in a healthy, constructive manner, they are also developing new hobbies and habits they can take with them to their new lives of sobriety and peace.

Anyone seeking comprehensive treatment for a substance use disorder can visit WhiteSands Alcohol & Drug Rehab or call 877-959-2008.

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For more information about WhiteSands Alcohol & Drug Rehab Orlando, contact the company here:WhiteSands Alcohol & Drug Rehab OrlandoRyan Monesson(407) 255-2351rmonesson@wstreatment.com56 E Pine St, Orlando, FL 32801

## WhiteSands Alcohol & Drug Rehab Orlando

*WhiteSands Alcohol & Drug Rehab Orlando is the leading addiction treatment center in Orlando Florida. Specializing in providing a full continuum of care. From detox and rehab to after care and alumni support.*

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