

Woman Praises WhiteSands Treatment Orlando for Providing a Positive and Supportive Sober Living House

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Orlando, Florida?Ending addiction treatment doesn?t end the need for support, and many recovering addicts find they still need help before they can resume lives where they may face the same stress and temptation that brought them to rehab. WhiteSands Alcohol & Drug Rehab offers a safe transition in its sober living program, which has received an enthusiastic 5-star review from a woman staying there.

?Our sober living house is awesome!? raved the client, Victoria. ?We have outings, like a comedy show and pool time. We recently went to the movies to celebrate one of our housemates? birthday! The staff is really great. This is my first and last (fingers crossed) time in rehab, and the ladies that run our house are the best! They are very attentive and caring; If you don?t know how to do something (ironing, for example), they will teach you. Julie and Damaris are very kind and easy to talk to! The house is warm and welcoming! I just can?t say enough about how amazing these ladies are!?

Sober living is one of many recovery options at WhiteSands, recognized by Newsweek magazine as Florida?s best addiction treatment center. One proof of its high quality is that WhiteSands has more former clients living in sobriety than many other treatment centers. The sober living program is one reason why.

It is offered as part of Whitesands? core belief that years of substance use need more than just a few weeks of rehab to be successful; WhiteSands has found that continued sobriety is more likely when continuing programs like aftercare and sober living are offered.

Sometimes known as a halfway house, a sober living home is a residential facility where recovering addicts and alcoholics can receive supervised treatment in a more independent setting. Residents build friendships and mutual support that helps them to continue abstaining from drug and alcohol abuse. The choice seems obvious: Leave rehab and go straight back to a world where everyone but you seems to be using drugs and alcohol, or join a supportive community where your housemates share your struggles and can help you stay strong.

At the same time, a sober living community offers no-excuses accountability. If you fall back into addictive behavior outside the community, your old schemes for sneaking a drink or a dose may still work. Even if your loved ones catch you, they may continue acting as enablers and accept and excuse your behavior. But your sober-living housemates will expect you to stay strong and won?t accept excuses if you decide to relapse. They probably have all the same rationalizations and manipulations you do and will see through them as no outside friend or family member can.

Sober living also provides the structure and routine critical to successful recovery. Residents are expected to follow specific house rules, which are based on mutual respect for other residents and the addict?s self-respect.

But as Victoria relates in her review, sober living isn?t a grim, rule-driven place where residents have to continue living without pleasure. WhiteSands offers sober-living residents a full schedule of fun recreational and social activities designed to create a warm atmosphere and show residents how happy life can be without drugs or alcohol. Many sober-living residents leave WhiteSands with a group of lifelong friends they can always call on for emotional and practical support in lasting sobriety.

WhiteSands believes everyone deserves to live free of drug and alcohol addiction. For many seeking that life, sober living is an essential part of the journey to recovery.

For more information about sober living or other substance use disorder treatment, visit WhiteSands Alcohol

& Drug Rehab or call 877-855-3470.

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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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