

Woman Praises WhiteSands Treatment Naples for Being ?One of the Best Decisions I?ve Ever Made in My Life?

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Naples, Florida?It?s not easy to step away from something you think you need to get through the day. A woman who made the decision to seek help at WhiteSands Alcohol & Drug Rehab has posted a 5-star review praising the addiction program?s facility in Naples, Florida.

?This place was probably one of the best decisions I?ve ever made in my life,? wrote the former patient, Kaylee. ?The whole staff, from doctors and nurses to food prep, even housekeeping, are very kind and caring. The therapists are knowledgeable and compassionate. The classes were very informative on certain subjects that tie into any addictions. They set you up for success when it comes to the next step towards your future with sobriety.?

Many struggling addicts like Kaylee are finding their solution at WhiteSands, a network of treatment centers located throughout Florida. The Naples facility that Kaylee attended is one of 17 outpatient centers offered by

WhiteSands, which also maintains residential programs in Fort Myers, Hyde Park, and Plant City.

At all WhiteSands locations, addiction specialists lead patients on a highly customized recovery journey. The goal is to help clients find the root causes of their addiction, a journey of discovery that begins on the very first day. Within the first week of treatment, each patient meets several times with the center?s medical and clinical directors, a psychiatrist, and an individual therapist. The team carefully reviews each patient?s needs to determine the best course of treatment. The patient is closely involved in this process, from establishing goals for individual therapy to selecting therapy group options that will best meet their individualized need for medical treatment. Each patient has four to five individual and/or family therapy sessions per week. To enable this highly effective approach, WhiteSands has more clinical staff and a lower staff-to-patient ratio than most other treatment programs ? a higher expense that WhiteSands willingly absorbs because of its proven effectiveness.

One of WhiteSands? most innovative offerings for residential patients is its unique Life Skills Program, which helps patients focus on their health, general well-being, and skills to enable them to live a productive life and tame the chaos that often contributes to substance use disorders. Participants learn how to establish and maintain a healthy, balanced routine that will help them resist relapse when they return to their daily lives. This includes sleeping well, eating well, exercising, and following organized work habits.

At WhiteSands, the Life Skills Program is folded into the patient?s therapy; of four to five therapy sessions each week, one is devoted solely to Life Skills. In addition to receiving guidance from the therapist, the patient works with a Life Skills Guide who hel[s them design and execute an individual Life Skills plan on a daily basis; the plan includes strategies for meals, exercise, therapy, family contact, and increasing sober support. The patient also has the option of working with a personal trainer and nutritionist during their stay at WhiteSands.

The program is designed to serve a critical and common need for recovering addicts, who often have poor decision-making skills. A regular, pre-set routine dramatically decreases the likelihood that they?ll give in to impulses and make poor decisions. This is a critical factor in relapse prevention. Life Skills is designed to support continued practice of the healthy habits they learned in treatment.

Whether one needs residential or outpatient care, WhiteSands can help oneself or a loved one in the struggle to overcome addiction. To begin seeking your solution, visit WhiteSands Alcohol & Drug Rehab or call 877-855-3470.

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WhiteSands Alcohol & Drug Rehab Naples

WhiteSands Alcohol & Drug Rehab Naples is the #1 addiction treatment center in Naples, Florida. Call our expert team to help you or a loved one get into Florida's #1 rehab center for alcohol, prescription drugs, and drug addiction.

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