

Patient Praises WhiteSands Treatment St. Petersburg for a ?Well-Versed Dual-Diagnosis Facility?

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St. Petersburg, Florida?Substance abuse often involves more than drug or alcohol addiction; it may be accompanied or even caused by a mental health disorder. A man who struggled with this complex condition, known as a dual diagnosis, posted a 5-star review praising the comprehensive care he received for it at WhiteSands Alcohol & Drug Rehab.

?I?m very happy with the rehabilitation services I received at WhiteSands,? Kirk wrote in the review. ?It?s a well-versed dual-diagnosis facility. I needed to handle my alcoholism AND my ADHD with a focus on trauma and grief issues as well. Got excellent counselors, behavioral health techs, nurses, psych, and medical doctors as well. Plus chiropractic services, biofeedback, and nutritionists.?

Kirk attended outpatient rehab at WhiteSands? facility in St. Petersburg, Florida, one of 14 such programs the company operates in Florida. WhiteSands also offers residential care in Fort Myers, Hyde Park, and Tampa. The only real difference between them is that outpatient clients do not live at the facility. All locations offer the

same high-quality care that led Newsweek magazine to rank WhiteSands as the best treatment program in Florida for three consecutive years.

For all patients, the goal is to find the root causes of addiction and explore positive alternatives for coping with the stresses that may have led to substance abuse. The treatment team devises an individualized plan for each patient using evidence-based strategies like cognitive behavioral therapy, partial hospitalization, mental health care, skills training, sober living, and, for patients like Kirk, dual diagnosis therapy.

The importance of dual diagnosis treatment is recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA), a branch of the U.S. Department of Health and Human Services. More than 20 million adults in the U.S. have a substance use disorder, and some 38 percent of them also struggle with mental illness, according to SAMHSA. At the same time, 42 million U.S. adults have a mental health disorder and 18.2 percent are also diagnosed with substance use disorders.

Many addicts find their dual diagnosis has its roots in traumatic events like abuse, major accidents, or grief from the shattering loss of a loved one. They may have turned to drugs or alcohol as a way of self-medicating the psychic pain caused by the trauma, such as anxiety, depression, or post-traumatic stress disorder. For others, the addiction comes first and leads to the psychological condition. However, it developed, that the dual diagnosis must be treated as one disorder. If only the addiction is treated and the mental illness is not resolved, the chance of relapse is high.

This sophisticated approach to substance abuse and mental illness is part of an even larger context that treats the whole person, not just their illness ? a critical element for Kirk. In his review, he noted that he received a ?well-rounded focus on me as a human, not just as an addict. I loved learning how to have fun in sobriety. Volleyball each evening and the gym helped me lose weight.?

Volleyball as a treatment for addiction. It?s a real therapeutic strategy that emphasizes physical, mental, and emotional wellness. At WhiteSands, patients find a warm, welcoming atmosphere that defies the cold, clinical atmosphere often associated with drug rehab programs. WhiteSands knows that a comfortable patient treated with dignity is a successful patient who can focus on recovery. See why patients love WhiteSands, and why they earn so many 5 star reviews on Google.

It?s an approach that works: WhiteSands has a higher proportion of patients maintaining long-term sobriety after treatment.

Anyone seeking comprehensive treatment for a substance use disorder can visit WhiteSands Alcohol &

Drug Rehab or call 877-855-3470.

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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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