



## **Patient Credits WhiteSands Treatment: 'From Broken to Sober ? They Gave Me My Life Back'**

*November 13, 2024*

TAMPA, FL - November 13, 2024 - PRESSADVANTAGE -

Tampa, Florida ? A former patient of WhiteSands Alcohol and Drug Rehab has shared a top reivew and his transformative success story, highlighting the profound impact of its comprehensive addiction treatment programs. Former patient Joshua shared his inspiring journey from despair to sobriety, emphasizing how WhiteSands Treatment played a pivotal role in giving him his life back.

After facing legal troubles due to a DUI, Joshua felt his future was bleak. "I thought my life was over until I came here," he wrote in an online review. "The staff was welcoming and lifted me up. I was broken when I entered WhiteSands, and now I'm a sober man with my life back."

WhiteSands Treatment offers personalized addiction treatment plans that address the unique needs of each person. Its holistic approach combines medical expertise with compassionate care to ensure patients receive the best possible support on their path to recovery. Its facilities specializes in various services, including alcohol detox, drug rehab, and tailored therapies, which focus on healing the mind, body, and spirit. With

locations throughout Florida, including Fort Myers and Tampa, WhiteSands is a convenient option for those searching for ?drug rehab near me? or ?alcohol rehab near me.?

Joshua?s review highlighted the facility?s exceptional amenities as a significant factor in his recovery. "The amenities like the gym and the pool help keep me in shape physically. I love this place and would recommend it to anyone," he wrote. These facilities not only enhance physical well-being but also contribute to mental and emotional healing. The dedicated team at WhiteSands fosters a nurturing environment, and Joshua expresses profound gratitude for their unwavering support. "Thank you, WhiteSands, for helping me when I couldn't help myself," he wrote.

For those searching for ?alcohol rehab near me,? WhiteSands Treatment?s multiple locations make it easier to access the help they need promptly. Its facilities are strategically located across Florida, providing top-tier addiction treatment without the need for long-distance travel. The program offers a holistic approach to recovery, incorporating physical fitness, nutrition, and wellness activities alongside traditional therapies. By combining these elements, WhiteSands provides patients with the tools they need to overcome addiction and reintegrate into society as sober and productive people.

WhiteSands stands out for its commitment to personalized care, experienced professionals, and a comprehensive approach to addiction treatment. The facility employs a team of licensed therapists, counselors, and medical staff who specialize in addiction treatment and are dedicated to supporting patients through every step of their recovery. The holistic nature of the programs means that patients like Joshua benefit from a complete support system that addresses both their physical and emotional needs.

WhiteSands Treatment is a leading provider of addiction treatment services in Florida, with a mission to help people overcome substance abuse and regain control of their lives. Its facilities offer a range of programs, including alcohol detox, inpatient and outpatient rehab, and aftercare support, all designed to cater to the unique needs of each patient. Its evidence-based practices, combined with compassionate care, has earned WhiteSands recognition as one of the top choices for those seeking drug and alcohol rehab services. By addressing the root causes of addiction and equipping patients with coping strategies, it paves the way for sustained sobriety.

WhiteSands Treatment recently highlighted the effectiveness of dialectical behavior therapy (DBT) and cognitive-behavioral therapy (CBT) in treating addiction and co-occurring mental health disorders. DBT, often used for emotional regulation and borderline personality disorder, contrasts with CBT's focus on correcting flawed thought patterns. WhiteSands employs both therapies to offer personalized care, helping patients manage their emotions and develop healthier coping skills, which are crucial for long-term recovery. By addressing both addiction and mental health, WhiteSands provides comprehensive, evidence-based treatment tailored to each person?s unique needs.

WhiteSands Treatment's admissions team is available 24/7 to answer questions and guide people through the process of seeking treatment. Contact WhiteSands Alcohol and Drug Rehab at 877-640-7820 or visit its website for more information.

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For more information about WhiteSands Alcohol & Drug Rehab Tampa, contact the company here: WhiteSands Alcohol & Drug Rehab Tampa Ryan Monesson +18132130442 rmonesson@wstreatment.com 215 W Verne St Suite A, Tampa, FL 33606 (813) 213-0442

### **WhiteSands Alcohol & Drug Rehab Tampa**

*Tampa's #1 Addiction Treatment Center in Tampa Florida for treating prescription, alcohol and drug addiction. Private rooms, amazing amenities, world-class recovery results.*

Website: <https://whitesandstreatment.com/locations/florida/tampa-drug-rehab/>

Email: [rmonesson@wstreatment.com](mailto:rmonesson@wstreatment.com)

Phone: +18132130442

