



## Treatment Programs We Offer:

- 30-60 Day Detox/Res/Day-Night/IOP/Aftercare
- 21-Day Detox/Res
- 5-10 Day Detox Only
- Outpatient Only With or Without Residence
- MAT (Suboxone Maintenance Program)
- Length of Stay can be Flexible

We have 3 inpatient and 17 outpatient locations throughout Florida

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# WhiteSands Treatment in Orlando Publishes New Resource on Treating Addiction and Mental Health Together

*September 18, 2025*

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Orlando- WhiteSands Treatment in Orlando has published a new article exploring how addiction and mental health are interconnected and why addressing both is essential for long-term recovery. The piece, titled ?How Is Addiction and Mental Health Treated??, emphasizes the growing recognition that co-occurring disorders must be treated together to achieve lasting sobriety and emotional stability.

As one of Orlando?s leading addiction treatment centers, WhiteSands has established a reputation for comprehensive recovery programs that address both substance use and mental health conditions. The Orlando location offers a full continuum of care, including inpatient alcohol and drug rehab, medical detox, outpatient services, IOP, and PHP. This integrated approach combines evidence-based therapy with holistic practices, focusing on both the physical and psychological components of recovery.

The Orlando facility is positioned to serve not only the city itself but also surrounding high-profile

neighborhoods and communities such as Winter Park, Doctor Phillips, Windermere, Lake Nona, and Baldwin Park. These areas, known for their professional and family-centered populations, represent a broad cross-section of the people who turn to WhiteSands for treatment. By tailoring care to the unique needs of each patient, the center provides structured support that helps people return to daily life with greater resilience and stability.

The new article underscores the reality that addiction rarely occurs in isolation. Conditions such as depression, anxiety, or trauma often play a role in fueling substance use, and without addressing these underlying factors, relapse remains a significant risk. By integrating addiction treatment with mental health care, WhiteSands Orlando delivers a model of recovery that equips patients with long-term strategies for both sobriety and emotional well-being.

WhiteSands Treatment has consistently been recognized as one of the nation's top-rated addiction treatment providers by Newsweek, reflecting its ongoing commitment to clinical excellence and patient-centered care. This recognition underscores the facility's position as a trusted resource for people and families throughout Orlando and Central Florida.

WhiteSands' national recognition has further distinguished the Orlando facility as a trusted leader in addiction treatment. For five consecutive years, the organization has been named among the top-rated addiction treatment centers in the United States by Newsweek. This award is based on a rigorous methodology that evaluates quality of care, reputation, and patient satisfaction, underscoring the consistency of WhiteSands' clinical standards across its network of Florida locations.

The Newsweek accolade reflects more than reputation alone—it highlights WhiteSands' ability to maintain excellence in a field where standards of care can vary significantly. By combining medical expertise, therapeutic innovation, and a patient-centered philosophy, WhiteSands has earned credibility among both healthcare professionals and the communities it serves. In Orlando, this recognition reinforces the confidence of people and families who are making critical decisions about treatment options.

The repeated honor also demonstrates that WhiteSands has been able to adapt to changing needs in behavioral healthcare while staying committed to evidence-based practices. Each year, the center's inclusion on Newsweek's list confirms its role as a benchmark for addiction and mental health treatment in Florida. For patients, this national distinction provides reassurance that they are entering a program recognized for quality and results, lending further weight to the comprehensive recovery model offered at WhiteSands Orlando.

For those in Orlando, Winter Park, Windermere, and surrounding communities searching for effective Orlando drug rehab or alcohol rehab options, WhiteSands Treatment provides access to care that

emphasizes both recovery and mental health. The newly published article offers additional insight into how this integrated model is shaping better outcomes for people seeking lasting change.

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For more information about WhiteSands Alcohol & Drug Rehab Orlando, contact the company here: WhiteSands Alcohol & Drug Rehab Orlando Ryan Monesson (407) 255-2351 rmonesson@wstreatment.com 56 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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