

# Woman Credits WhiteSands Alcohol and Drug Rehab in Hyde Park Florida for Overcoming Addiction

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HYDE PARK, FLORIDA, UNITED STATES, October 26, 2023 /EINPresswire.com/ -- After having difficulty overcoming addiction at previous addiction treatment centers, Amber Marie found the ideal setting and treatment at WhiteSands Alcohol and Drug Rehab in Hyde Park, [giving the facility a 5-star review](#).

“

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*Former Patient, Amber Marie N.*

[Amber Marie attended the outpatient treatment program](#) at the center and credited the care she received with helping her overcome addiction and change her life. “Been to a few treatment centers in my past unfortunately, but the outpatient program they have here was a completely different experience,” Amber Marie says. “The compassion the staff has for their patients is unbelievable! The facility alone is great! The experience I had at WhiteSands literally changed/saved my life and I can’t thank them enough!”

The outpatient program at WhiteSands Alcohol and Drug Rehab in Hyde Park is a crucial component of the continuum of care for patients needing to overcome addiction. The program’s structured approach offers a supportive environment for patients who don’t require constant supervision but still need treatment and support. The flexibility to attend recovery treatment while living outside the facility helps patients maintain their daily routines while receiving the help they need to address their addiction.

The outpatient program at WhiteSands Alcohol and Drug Rehab in Hyde Park have different skills and strategies patients can learn from. Therapy and counseling, which provides patients in outpatient programs access to various forms of treatment, including individual, group, and family therapy, that addresses the mental and physical aspects of addiction. Education and skill building is another part of the program that patients can learn the tools needed to maintain sobriety by teaching relapse prevention techniques and coping strategies. Structured schedule is provided by offering a set schedule of sessions, outpatient programs allow patients to balance

treatment while maintaining work, school, or other responsibilities. Support network is offered to patients by attending therapy without others going through similar challenges; patients access a supportive community that helps foster understanding and support. Holistic approach is offered by using holistic practices such as mindfulness, yoga, and fitness, the overall well-being of the patient can be improved. Continued monitoring is achieved through progress that is closely monitored to ensure patients make positive strides in their recovery.

Seeking help at WhiteSands' Hyde Park treatment center to overcome addiction offers numerous benefits that can significantly improve the chances of successful recovery. One of the primary advantages is the structured environment they provide, which minimizes exposure to outside triggers. Patients at WhiteSands Alcohol and Drug Rehab in Hyde Park receive professional guidance from experienced therapists and counselors, ensuring evidence-based, personalized treatment plans. The sense of community and peer support is another critical benefit, as it helps patients learn that they are not alone when they see others facing similar challenges.

During [outpatient treatment](#) at WhiteSands' Hyde Park treatment center, patients can access various therapeutic modalities addressing addiction's psychological aspects. The center's aftercare planning helps patients transition to their daily lives with the skills needed to maintain sobriety. By offering addiction treatment and comprehensive support, WhiteSands has proven to be a crucial and effective resource in the battle against addiction; ask Amber Marie.

Contact WhiteSands Alcohol and Drug Rehab in Hyde Park today at 877-640-7820 or visit their website at [www.whitesandstreatment.com](http://www.whitesandstreatment.com) to learn more about the various treatment options available to treat addiction.

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