



Long-Term Recovery Newsbites

www.santecenter.com

January 2020

800.258.4250



Dennis Wade, MS, FACHE

Chief Executive Officer

20 years at [Santé Center for Healing](http://www.santecenter.com)

How would you define rigorous honesty? It is being painstakingly accurate and free from deception. This is a recovery cornerstone and is also one of Santé's Values.

We can all struggle with being honest with ourselves, but for someone with an addiction it can seem impossible, at first. Santé's highly trained treatment team is with a client from the beginning and supports

them throughout their treatment. Clients take an honest look at themselves and work on Step One - "We admitted we were powerless over alcohol-that our lives had become unmanageable." Here, we strive to establish open, honest, direct communication as it is fundamental to the healing process. We commit ourselves to helping our clients succeed in their recovery. Here's to 2020...and another year we don't give up on our clients!



Co-Dependency Workshop

January March 2-5, 2020*

Free To Be Me: Rescuing Yourself From Co-dependency is a 4-Day Therapy Intensive Workshop for individuals who are struggling in their personal and/or professional relationships. Co-dependence is often associating with investing and focusing one's time and energy into everything and everyone else. However, simply defined, co-dependence is a lack of a relationship with oneself.



For more information, or to see if this co-dependency intensive workshop is right for you or your clients, contact Santé's Lisa King, MS, NCC, LPC.

Phone: 940.293.7117

Email: lisak@santecenter.com

***Space is limited**

[Register Now](#)

Top 6 Stress Management Techniques

Stress goes hand in hand with addiction. Often, it's one of the reasons someone begins to use in the first place. It can be difficult to know how to cope with stress in a healthy manner, particularly when you are used to using drugs, alcohol, or behavior as a coping mechanism. Stress management techniques are beneficial to everyone, but they are absolutely essential for those recovering from an addiction.



What are stress management techniques?

Stress management techniques are things that you can do to help relieve or cope with stress. Here are some of the best techniques:

1. Meditation
2. Yoga
3. Aromatherapy

4. Hobbies
5. Time with friends and family
6. Spend time in nature

[Read
More](#)

Maintaining Proper Boundaries

Next Course Offered: February 19-21, 2020*

Maintaining Proper Boundaries is a 3-day training course providing self-assessment, knowledge, awareness, skills, applicable tools and prevention strategies to healthcare professionals with difficulty maintaining proper boundaries with patients, colleagues and/or staff.

Who Should Attend:

This course is recommended to any licensed healthcare professionals in safety sensitive positions who experience difficulty establishing and maintaining proper boundaries. Hospitals, health systems, professional peer health programs may refer health care practitioners:

- as a preventative measure for continuing medical education specialized for healthcare professionals
- as a behavior intervention
- or as an adjunct to a relapse prevention plan.
- Self-referrals are welcome.

***Space is limited**

[Register Now](#)

From Our Kitchen To Yours

Santé's Dietitian [Laura Deane, MS, LD, RD](#), Chef Misty Douglas, and culinary team provide clients with meals made with top of the line ingredients for each individual's dietary needs. Chef Misty Douglas has provided a delicious recipe for Butternut Squash Soup. Perfect for cold winter nights!

[View and Download the
Recipe](#)



College Scholarships

Three Collegiate Scholarship Recipients Announced

Santé is proud to announce the recipients of the Dennis Wade & Santé Center for Healing Scholarship and the Dr. Deb Corley & Santé Center for Healing Scholarship .

The Dr. Deb Corley & Santé Center for Healing Scholarship is in honor of Santé's co-founder/co-owner Dr. Deb Corley, PhD, LMFT, LCDC, LSOTP, CSAT, CMAT. This is going to two individuals pursuing a graduate degree towards work in the mental and behavioral health field.

The Dennis Wade & Santé Center for Healing Scholarship is in celebration of Santé CEO, Dennis Wade's, 20th year of Santé leadership. This is going to an individual pursuing a graduate degree towards health care management.


"We offer these collegiate scholarships with the desire to assist individuals who are working to further their education. Helping collegiates specifically wanting to pursue a degree in these important fields aligns with Santé's core values," says Santé's Chief Operating Officer Sam Slaton, M.ED., LPC-S, MBA, MHSM. "Providing assistance to those entering this field is a privilege."

The Dr. Deb Corley & Santé Center for Healing Scholarship

Andrea Flores
Shannon Lollar

The Dennis Wade & Santé Center for Healing Scholarship

Maggie Howard



Upcoming Events

February 19-21, 2020

Maintaining Proper Boundaries Course

[Learn More](#)

March 2-5, 2020

Intensive Therapy Workshop

Free To Be Me: Rescuing Yourself From Co-dependency

[Learn More](#)

March 30-April 2, 2020

Intensive Therapy Workshop

Mindful Transformation: Redefining Your Trauma

[Learn More](#)

[See More](#)



Connecting with Us

When you submit the [*"Santé Connections" form*](#), your information is accessible to Santé's intake counselors, aftercare coordinator, and family therapists for referral purposes.



Share Your Experience

Santé provides quality care and programs for long-term recovery. If there is anything we can do to improve, please [*reach out to us*](#). When you reflect on our continued collaboration and/or our shared clients who are doing well, share the experience on [*Facebook*](#) or [*Google*](#).





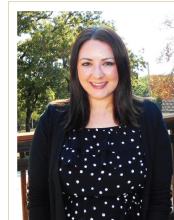
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