



Long-Term Recovery Newsbites

www.santecenter.com

January 2021

800.258.4250

0 DAYS

AND COUNTING UNTIL...
CELEBRATING
25 YEARS!

**We are proud of our distinguished past.
But it is to the future we look for even greater achievements.**

This year Santé Center for Healing is celebrating our 25th Anniversary! We are excited to celebrate the work we've done throughout the years, the lives forever changed and the community impact we've had.

There will be several ways to mark the occasion all throughout the year and we are thrilled to be able to include you in many of them. More to come!



Maintaining Proper Boundaries

Next Course Offered: February 17-19, 2021 *

Maintaining Proper Boundaries, is a 3-day Continuing Medical Education 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.

Note Regarding COVID-19:

We will hold the February course in person and on our campus. Safety precautions will be in place to follow social distancing guidelines and to keep everyone healthy and safe. Those include: all participants will remain in the Welcome Center building for the entirety of the course; masks will be required at all times - walking from the car into the building and into and then in the classroom; temperature check upon arrival each day; and in the classroom, all participants will be intentionally spaced further apart.

A rapid COVID-19 test must be taken and the results emailed to Santé the day prior to the course starting.

***Space is limited**

Register Now

Investing in the Future

Santé proudly awards The Dennis Wade & Santé Center for Healing Scholarship to **Michelle Luttrell, MA, LMFT-S**.

The Dennis Wade & Santé Center for Healing Scholarship is in celebration of Santé's CEO Dennis Wade, MS, FACHE for 21 years of leadership. It is awarded to individuals pursuing a graduate degree towards health care management.

Michelle has been with Santé Center for Healing since 2013 as an Intake and Admissions Counselor and now the Director of Intake and Admissions, Student Training. Michelle received her Master's in Marriage and Family Therapy from



Appalachian State University and undergraduate in psychology from the University of Saint Mary in Kansas. She is a Licensed Marriage and Family Therapist-Supervisor. Michelle is currently pursuing a MBA with an emphasis in Healthcare Administration at Texas Woman's University. She is driven and passionate to help clients and their families recover from the disease of addiction.

Our Alumni featured on Recovery Rockstars

Alumni Chris graciously shared his story on Recovery Rockstars UNCUT. Chris opens up about being a love and sex addict. This is a very raw and real conversation that addresses an addiction that is rarely discussed. He shares what he lost over the years and also what he has gained after getting treatment. We are honored and privileged to be a part of his recovery journey.



Click below to listen to the podcast interview.

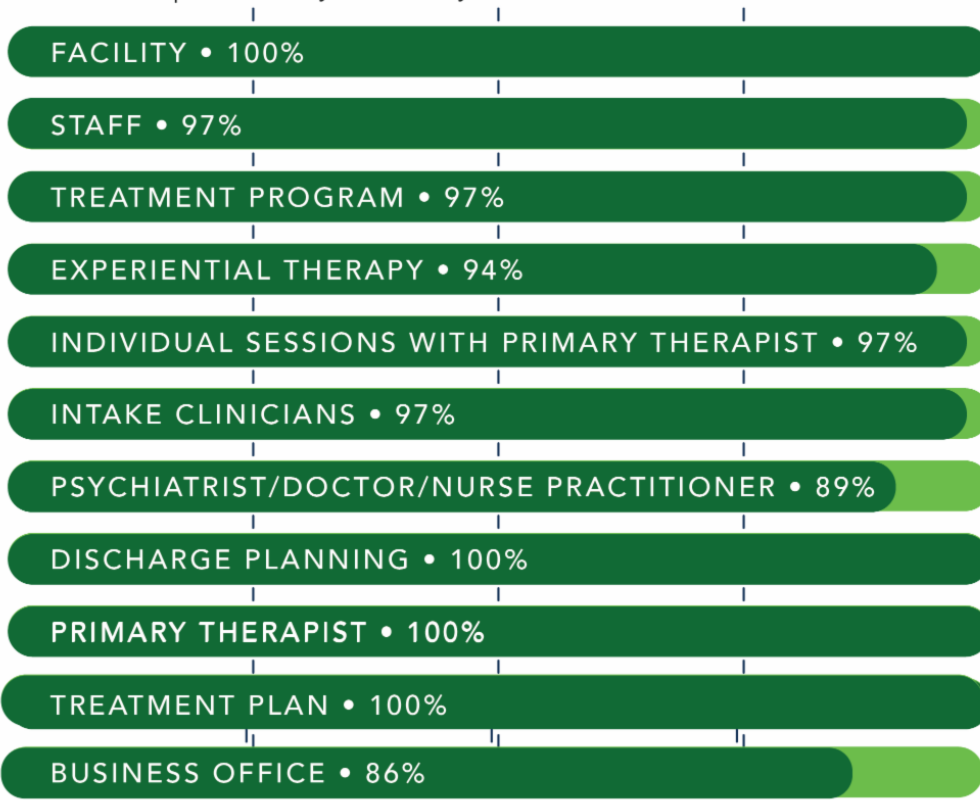
Listen to Recovery Rockstars "UNCUT" with Chris

Outcomes

Patient Satisfaction Survey: Quarter 3, 2020

Residential patients are surveyed at discharge.

Those who responded "very" or "mostly satisfied" are:



*Additional comments/suggestions:

"Overall, life changing. Wonderful experience, highly recommended."



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Investing in our Community

Santé is proud to support our community. This year we became one of Denton ISD's Adopt-A-School District Partners.

Fourth and fifth-grade students were challenged to create essays and artwork for the contest regarding this year's topic, "2020 Vision" and judged by business and community members that are part of the district's Adopt-A-School program.

2020-2021 Essay Contest



ADOPT-A-SCHOOL



The top-three essay winners were chosen from both grade levels at each Denton ISD school and surprised at their campuses in November with trophies for their accomplishments.

"No matter what, we should never lose hope and always find light in times of darkness and find hope in times of uncertainty." 5th Grade Contest Winner

How to Set New Goals for the New Year

As we are entering into 2021, many of your clients or patients will consider resolutions or personal goals for the year.

Unfortunately, many of them will quickly put what they planned aside. This happens for many reasons. The resolutions or goals may have been too large, they may have seemed overwhelming, or there may have been no accounting factored into the equation.



Here are tips that your clients or patients may find helpful in setting achievable goals:

Limit the Number of Goals for the New Year

Rather than make a long list of things you want to achieve during the new year, resist the temptation and limit yourself to no more than three.

Break Things into Steps

A goal without a plan is merely a dream. Once you have your main goals, take the time to break them down into steps.

Set Up an Accountability System

This step requires that you open up and share your goals with at least one other person you feel you can trust to keep you motivated.

A New Life for the New Year

If you are dealing with mental health issues that also involve substance abuse, this is the time to think about getting help from a treatment center, such as Santé, as one of your personal goals for the new year.

[Read the Full Article](#)

Our Alumni

We love the relationship we have with our Alumni. It is an honor and joy to celebrate in their successes and to stand by them in hardships. Here is some of what they have recently shared.

"I'm Pennye Alcoholic saved by the Grace of God. So so Thankful to be Celebrating 1 year today."

Pennye G H on 1/14/21

"Just got off the phone with Janie G. She was a patient in October 2009 to January 2010. She wanted to pass on that Santé saved her life and she is forever grateful for everything we did for her! She is happy, healthy, and sober still and appreciates us!"

Shared by Kelly in Santé's business office on 1/6/21

"18 months of sobriety today! Feels great and I'm loving my new life. Thanks Santé!"

J Ryne H on 1/5/21

"I'll be 3 years clean on Christmas Eve!!"

Ryan C on 12/16/21

"My name is Abdul and I recently had a tenure at Santé in September to October, and I wanted to reach out and thank you for the services that were provided to me, as well as reaching out to the alumni base. I wanted to thank you guys again I really appreciate what you have done for me."

Abdul T

Rigorous Honesty

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 2021...and another year we don't give up on our clients!

Upcoming Events

January 21, 2021

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

January 26, 2021

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

January 28, 2021

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

February 2, 2021

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

February 4, 2021

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

February 9, 2021

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

February 11, 2021

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

February 16, 2021

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

February 17-19, 2021

Maintaining Proper Boundaries Course

Click [here](#) for more information and to register.

February 18, 2021

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

February 23, 2021

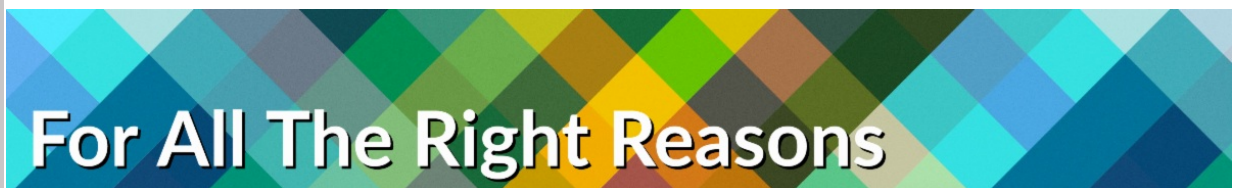
Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

February 25, 2021

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

All dates are subject to change due to COVID-19. We will keep you updated.

[See More](#)



You are mission-inspired and results-driven. You chose your profession and calling for all the right reasons. Your work helps people in their most hidden and painful problems every day.

The importance of your work is underscored by how incredibly hard it is. Any given day might bring massive challenges with your clients or patients. Who else is in it for all the right reasons? Who can you trust to work alongside you, providing evidence-based and trauma-resolution care? Who provides the best opportunity for long-term recovery?

Google provides 350,000,000 results when searching “addiction treatment.” This is an overwhelming number of options that you can ascertain for quality, but can your clients or patients?

They look to you to:

- Distinguish clinical experience and expertise from nonessential amenities and impersonal call centers;
- Connect them to higher levels of care ready for the increasing complexity of their problems and to discover and begin to heal from the root issues underneath, therefore decreasing the likelihood of relapse;
- Recognize other facilities may dress the part but lack integrity.

They look to you. And you look to Santé Center for Healing for expertise, integrity and long-term recovery...for all the right reasons.

Santé Center for Healing: What We Treat...

<https://www.santecenter.com/miracles-happen-on-the-hill-flipbook/>

Santé Center for Healing: Continuum of Care...

<https://www.santecenter.com/continuum-of-care-flipbook/>

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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