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Long-Term Recovery Newsbites

www.santecenter.com

January 2022

800.258.4250

Maintaining Proper Boundaries Continuing Medical Education Course

Next Course Offered: February 16-18* (Virtual Course)

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.

Virtual Course Details and Requirements:

- The course will be virtual via Zoom. It will be live with no recorded presentations used.
- The content and time requirement of the virtual course is the same as the in person course.
- The course participant must provide photo ID to confirm they are the one registered to attend.

- The course participants are required to attend each session in their entirety.
- The course participant's camera (video) must remain on during each session and they must be visible at all times.
- If the course is a board licensure or employer requirement, it is up to the participant to determine if their board will accept an online version of the course.
- Santé Center for Healing upholds HIPPA guidelines and values the confidentiality of all persons on campus and participating in virtual course/programming. Faculty, patients, alumni, and visitors are asked to assume an obligation to keep in confidence all information that pertains to Santé patients and Santé visitors. All participants in the course are asked to agree to confidentiality – each attendee agrees not to share any other participant's identifying and personal information with others. It is appropriate to share your personal reaction and feelings with others, but please do not share other people's stories or other information with anyone outside of the course.
- Technology Requirements:
 - basic computer literacy
 - a computer with webcam, audio, and microphone/headset (smartphones are not acceptable)
 - a private space with strong, reliable internet.

***Space is limited**

Register Now

Investing in the Future

Santé proudly awards the Dr. Deb Corley & Santé Center for Healing Scholarship to **Jordan Doyle**.

The Dr. Deb Corley & Santé Center for Healing Scholarship in honor of Santé's co-founder/co-owner Dr. Deb Corley, PhD. It is awarded to individuals pursuing a graduate degree towards work in the mental and behavioral health field.

Jordan is from Carrollton, Texas. She is pursuing a Masters of Science in Clinical Mental Health Counseling at Texas A&M University-Commerce. Jordan is passionate about becoming a Licensed Professional Counselor and hopes to achieve many things during her career. Her goals include: becoming certified in EMDR; receiving intensive training in dialectical behavior therapy and mindfulness-based cognitive therapy; becoming a certified eating disorder specialist; becoming a clinical director of a residential treatment facility; and obtaining a PhD in counseling psychology.



Upcoming Clinical CE Presentations

SIPER

Santé Institute for Professional
Education and Research

Presents:

Continuing Education Events

January 21, 2022

12:00 p.m. - 1:00 p.m. CST

1 CE Hour

Zoom

**"Beyond Boundaries: Treating Addiction
within the Family System with Community
Reinforcement and Family Training
(CRAFT)"**

Presented by:

Andrew Ahles, LMFT, ICGC-I
Senior Family Therapist
Santé Center for Healing



[Register Now](#)

February 18, 2022

12:00 p.m. - 1:00 p.m. CST

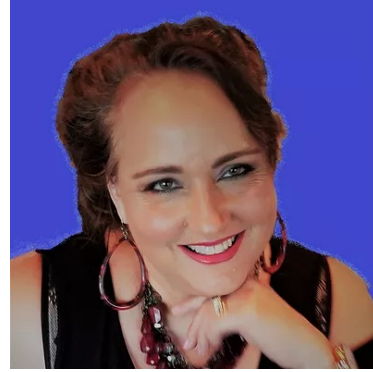
1 CE Hour

Zoom

**"12 Step Recovery-Therapy in Disguise:
Understanding the Intersection of
Counseling and 12 Step Recovery"**

Presented by:

Blanca Sanchez-Navarro, LPC-S, LCDC



[Register Now](#)

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.

“
A great day. No alcohol
through the new year.
Approaching 8 months sober.
- Gary F on 1/2/22
”

“
I've been in recovery
for 2 months 29 days.
- Jamie R on 1/3/22
”

“
Just hit another year sober on the 8th! Which
brings the following question: Do we get like,
extra points, for pandemic sobriety? You know,
like 1 calendar year of sobriety = 1.8 years if it's
during a pandemic. Also if you work in food
service. Triple points for both, right? Due to the
pandemic, I am infinity years sober.”
- Jordan L on 1/10/22
”

“
I'm grateful to be starting
another ryear sober!
Happy New Year, family.
- Brendan O on 1/1/22
”

Outcomes

Santé Center for Healing measures client satisfaction to provide top-tier client care services to measure staff and organization performance and to improve client care experience. A self-report survey distributed to all alumni at 60, 180 and 365 days post-treatment at Santé. Results are based only on those that agreed to participate in the survey.

CLIENT FOLLOW-UP SURVEY: QUARTER 3, 2021

Santé Center for Healing measures client satisfaction to provide top-tier patient care services, to measure staff & organization performance, & to improve client care experience. A self-report survey distributed to all alumni at 60, 180 & 365 days post-treatment at Santé. Results are based only on those that agreed to participate in the survey.

*60 DAY FOLLOW-UP:

IN RECOVERY • 100%

IN 12-STEP MEETINGS • 92%

HAVE A SPONSOR • 75%

PARTICIPATE IN ALUMNI PROGRAM • 38%

INTEREST IN ALUMNI PROGRAM • 88%

*180 DAY FOLLOW-UP:

IN RECOVERY • 83%

IN 12-STEP MEETINGS • 58%

HAVE A SPONSOR • 33%

PARTICIPATE IN ALUMNI PROGRAM • 38%

INTEREST IN ALUMNI PROGRAM • 50%

*365 DAY FOLLOW-UP:

IN RECOVERY • 80%

IN 12-STEP MEETINGS • 25%

HAVE A SPONSOR • 20%

PARTICIPATE IN ALUMNI PROGRAM • 25%

INTEREST IN ALUMNI PROGRAM • 60%

ADDITIONAL COMMENTS:

*60 DAY FOLLOW-UP:

Client self-scores 1 to 10 (10 highest):

- Average Quality of Life:
Admission: 3.92, Discharge: 7.75 (98% improvement).
- Average Self-Worth:
Admission: 3.5, Discharge: 8 (129% improvement).

"Grateful for Jason—my therapist & all that I learned about my addiction."

"Great Program & case managers."

*180 DAY FOLLOW-UP:

Client self-scores 1 to 10 (10 highest):

- Average Quality of Life:
Admission: 3.5, Discharge: 6.8 (87% improvement).
- Average Self-Worth:
Admission: 2.42, Discharge: 6.5 (169% improvement).

"Santé has given me a 2nd chance at life. I will be forever grateful."

*365 DAY FOLLOW-UP:

Client self-scores 1 to 10 (10 highest):

- Average Quality of Life:
Admission: 2.8, Discharge: 6.8 (143% improvement).
- Average Self-Worth:
Admission: 3.2, Discharge: 7.2 (125% improvement).



www.santecenter.com

940-464-7222
Toll-Free 800-258-4250

New Family Programming

To the families experiencing the damaging chaos, suffering, neglect and isolation accompanying trauma, addiction and mental illness, Santé Center for Healing says "no more shame, no more silence, and you are not alone."

In 2022 we have a new way of serving families' needs:

Recovery in Relationships Group Therapy

If you have a patient or client who has a relationship with someone with addiction and has ever struggled to hold boundaries, take care of themselves, or know how best to help their loved one, this group is for them! This bi-weekly therapy group is designed to help individuals identify and implement skills to improve their own life and their relationship with their loved one. Given time, these skills can even be used to help their loved one in their own recovery!

The Details:

- 1 hour group therapy session. Meets every other Thursday from 4-5 PM.
- Zoom sessions facilitated by a licensed therapist
- Insurance coverage or private pay sliding scale rates available
- Topics and skills learned include:
 - Setting Boundaries
 - Positive Communication
 - Knowing your own limits and taking care of yourself

- Encouraging your loved one's recovery
- And more!
- Skills are based on Community Reinforcement and Family Training (CRAFT), a research supported method for helping family members of individuals with addiction.
- Topics repeat after every 8 sessions but participants are welcome to attend the group for as long as it is helpful for them.

Want to sign up or learn more?

Contact Andrew Ahles at 940-464-7222, ext 239 or by email at AndrewA@santecenter.com

For additional information on CRAFT please join our SIPER CE on Friday, January 21, 2022. Click [here](#) for more details and to register.

How to Set New Goals for the New Year

As we are entering into 2022, 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**

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 2022...and another year we don't give up on our clients!

Upcoming Events

Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

January 21, 2022

SIPER CE- 1 CE Hour

12:00 PM - 1 PM CST, Via Zoom

"Beyond Boundaries: Treating Addiction within the Family System with Community Reinforcement and Family Training (CRAFT)" *

Andrew Ahles, LMFT, ICGC-I

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

January 28, 2022

Trauma Education Association - 1 CE Hour

11:30 AM - 1 PM CST, Via Zoom

"Making the Case for Trauma Integrated Care in Addictions Treatment"

Steve Carleton, LCSW, CACIII

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

February 16-18, 2022

Maintaining Proper Boundaries Course - CME Hours

Virtual via Zoom

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

February 18, 2022

SIPER CE- 1 CE Hour

12:00 PM - 1 PM CST, Via Zoom

"12 Step Recovery-Therapy in Disguise: Understanding the Intersection of Counseling and 12 Step Recovery"

[See More](#)

For All The Right Reasons

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/>

Connect 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](#).

Take a Virtual Tour of Santé Center for Healing



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Santé Center for Healing has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7031. Programs that do not qualify for NBCC credit are clearly identified. Santé Center for Healing is solely responsible for all aspects of the programs.