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# Long-Term Recovery Newsbites

[www.santecenter.com](http://www.santecenter.com)

January 2023

800.258.4250

HAPPY  
NEW YEAR!

We wish you all this best for 2023.  
Please let us know how we can support  
you and your important work.

## Maintaining Proper Boundaries Continuing Medical Education Course

**Next Course Offered: February 8-10\* (In-Person 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.

**\*Space is limited**

**Register Now**

## Upcoming Clinical CE Presentations

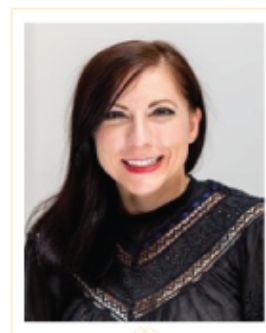
Santé is a proud sponsor of the Trauma Education Association



**January 27, 2023**  
**11:30 a.m. - 1:00 p.m. CST**  
**1 CE Hour via Zoom**

**"Working with Survivors of Trafficking:  
Addressing a Public Health Problem"**

Presented by:  
**Elizabeth Schutz, MA, LPC, EMDR Trained**



**Presentation Objectives:**

1. Understand the epidemiology of human trafficking
2. Assessment and client presentation
3. Clinical Implications for treatment

Click [here](#) or the button below for the speaker's bio and to register.

[Register Now](#)

## Investing in the Future

Santé proudly awards the Dr. Deb Corley & Santé Center for Healing Scholarship to **Brittany David**.

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



Brittany is from Fresno, California. She is pursuing a Masters of Education in Clinical Mental Health Counseling at the College of William and Mary in Virginia. Brittany has found her purpose in connecting with and helping others. She shared, "The mental health field is compelling because it is a tremendous gift to sit with someone and hold space for their whole self, the self they show the world, and the hidden self. I get excited about working and collaborating with the client to help them put together the puzzle that is them, piece by piece, to understand more fully the picture of their lives and what brought them into counseling. Not only that, but like a detective, I enjoy trying to weed out their strengths from their presenting struggles that brought them to counseling—then fanning those strengths like a flame to make that light shine bigger and brighter. I want to help make the world a better place one individual at a time by helping their unique light shine its brightest."

## Corley Research Grant

### Corley Research Grant Now Accepting Applications



The Society for the Advancement of Sexual Health (SASH) is dedicated to fostering scientific inquiry that helps advance our knowledge, understanding and treatment of problematic sexual behavior (e.g., sexual addiction, compulsive sexual behavior) and sexual health. In order to promote new investigators SASH created the Corley Research Grant currently funded by the Santé Center for Healing.

### Are you looking for a way to fund your research?

The award will provide ONE (1) new investigator with:

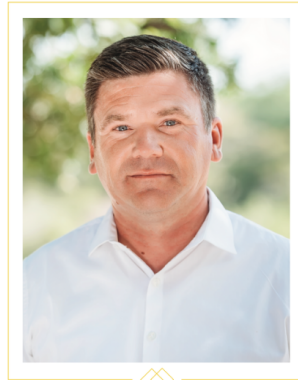
1. \$1000 towards an ongoing or new research project related to sexual addiction
2. \$500 travel allowance to attend the SASH annual conference
3. A waiver of the registration fee to the SASH annual conference
4. Mentorship by a senior SASH advisor on content, process, presentation and publication on the project

**Deadline February 1, 2023**

[For More Information and to Apply](#)

# Transitional Living

Santé's Transitional Living (TL) program provides a highly-structured, therapeutic apartment-style living for adult men and women, who are in search of additional daily living support while in the early stages of recovery. Several research studies by NIDA (National Institute on Drug Abuse) find that the longer an individual is involved in a continuum of care and receiving treatment, they have significantly better outcomes including decrease in relapse rates. As with the national trend, this program has also seen a rise in adult children who were previously living at home. Santé's TL residents receive the environmental, therapeutic and social support needed to meet goals and succeed.



Adam Karazuba, MSW, LCSW  
Director of Clinical Services,  
Residential and Outpatient

A recent Public Health Institute study showed that individuals in TL-type programs recorded lower incidences of drug use, arrests and harmful psychiatric symptoms, 18 months after leaving treatment. Results also showed that residents who stayed longer in this level of care were less likely to relapse as compared to those who did not stay long. As individuals continue to deepen their recovery, at this level of care, staff and residents alike identify and address missing life skills, including but not limited to: financial planning, budgeting, meal planning, educational guidance, career development and life skills education. Employment, community service, 12 step work, and higher education and continuing education are important components for the Transitional Living Program.

In addition to a safe, chemical-free environment, TL residents experience: separate men's and women's programs; master's level therapist on site Monday - Saturday; daily group therapy and house meetings; random drug screens; 12-Step Recovery model; individual and group counseling; employment and volunteer opportunities; and more.

*"As a treatment team, we're honored to help people new in recovery use Santé's Transitional Living as the foundation for the relationships, connections and decision making essential for sustained, long term recovery,"* says Santé's Director of Clinical Services, Adam Karazuba, MSW, LCSW.

Click the below button or call 940.464.7222 for additional information regarding our Transitional Living program.

[Learn More](#)

## 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've been in recovery for 6 months. Look, Ma. I'm doing it!  
– Casey B on 12/18/22



Never thought I would make it this far! Thanks Santé, for the sobriety. – Jody L on 12/17/22



Thankful for this [Santé Alumni] community and grateful for the opportunity to serve others. Santé has helped me to live life rather than just existing.  
– Rhonda K on 1/3/23



Four years ago tonight I started on a life changing journey in IOP at Santé. Today I am so thankful for the support I received and that I continue to receive. – Robert S on 1/11/23



I'm thankful for family and Santé alumni meetings and everyone that has been part of my recovery.  
– Philip B on 1/4/23



I'm sober 70 days today and never physically and mentally felt better.  
– Dicky G on 1/9/23



Never dreamed I could feel this good sober. Life is better when your mind is clear and your heart is full. – Sarah F on 1/9/23



## 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 2023....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 27, 2023

**TEA (Trauma Education Association) - 1 CE Hour**

11:30 AM - 1 PM CST, Via Zoom

"Working with Survivors of Trafficking: Addressing a Public Health Problem"

Elizabeth Schutz, MA, LPC, EMDR Trained

Click [here](#) to register

### February 8-10, 2023

**Maintaining Proper Boundaries Course - CME Hours**

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

[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/>

# 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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