



# Long-Term Recovery Newsbites

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

February 2019

800.258.4250

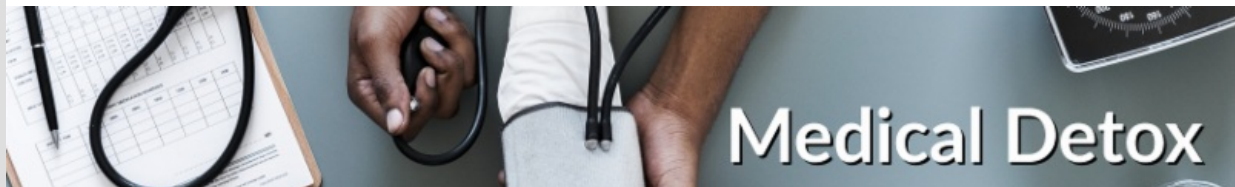


**Sam Slaton, M.ED., LPC-S, MBA, MHSM**  
Chief Operating Officer  
15 years at [Santé Center of Healing](#)

## Hope and Healing

The hope of healing and trusting in a Higher Power can be difficult for addicts to embrace; anger, fear, hurt, isolation, and resentment are

just a few of the potential roadblocks that keep someone from engaging in recovery. Connecting healing to a Higher Power is most of the time a foreign concept for those in active addiction; constantly battling the idea that recovery is achievable without the help of others. Developing an open mind to consider change, challenging one's beliefs, and taking action is not an easy task, but it is important for those desiring long-term recovery to understand there is hope and healing. One must be able to hope and trust that there is a lasting recovery for themselves, that they are worth it, and that embracing the concept of a Higher Power is part of the process to restore sanity and gain a lasting recovery.



Santé Center strongly believes in customized medical detox plans. Everyone has different DNA, health situations and metabolisms. These factors play a role in how withdrawal affects each person. Other factors include the drug dose and duration of use.

We take all of these factors into consideration when we create detox plans. During this phase, our goal is to plan for every possible symptom to avoid complications. However, we monitor our clients 24 hours a day to address symptoms as they arise.

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*"Sante is great place to help you build your recovery... but don't think it can happen in 30 days. A 30-day program is simply not enough time for anyone in addiction to not only understand their self and what brought them to that point of desperation, but also to build the skills for a life in future recovery. 90 days is really an important commitment to make, even though that is understandably very difficult for some families At a bare minimum, 60-75 days. I stayed 143 days and got sober 5 years ago, because I needed that long. Some stay longer because they need that much treatment. I see reviews about 30 day or less complaints, or complaints about the staff... these are coming from us - addicts, who will tell our families what we want to get what we want. The truth is that Sante is a serious place that is seriously committed in a caring way to setting addicts on a healing path to recovery. It saved my life."*

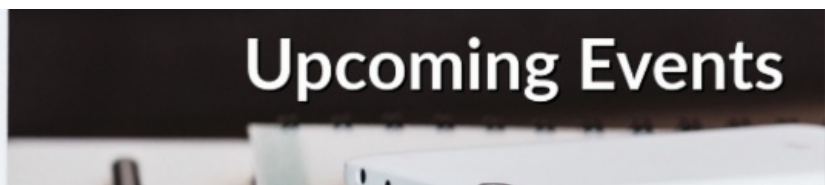
-Alumni Douglas S.  
January 24, 2019



**Did you know that people who have experienced trauma are:**

- **15 times** more likely to attempt suicide
- **4 times** more likely to become an alcoholic
- **4 times** more likely to develop a sexually transmitted disease
- **4 times** more likely to inject drugs
- **3 times** more likely to use antidepressant medication
- **3 times** more likely to be absent from work
- **3 times** more likely to experience depression
- **3 times** more likely to have serious job problems
- **2.5 times** more likely to smoke
- **2 times** more likely to develop chronic obstructive pulmonary disease
- **2 times** more likely to have a serious financial problem

[Learn More](#)



**February 20-22, 2019**

*Maintaining Proper Boundaries Course*

[Learn More](#)

**February 25- March 3, 2019**

National Eating Disorders Awareness Week

[Learn More](#)

**March 25-28, 2019**

Intensive Workshop

Mindful Transformation: Redefining Your Trauma

[Learn More](#)

**April 29- May 2, 2019**

Intensive Therapy Workshop

Free to be Me: Rescuing Yourself from Codependency

[Learn More](#)

**May 15-17, 2019**

*Maintaining Proper Boundaries Course*

[Learn More](#)

**June 17-20, 2019**

Intensive Therapy Workshop

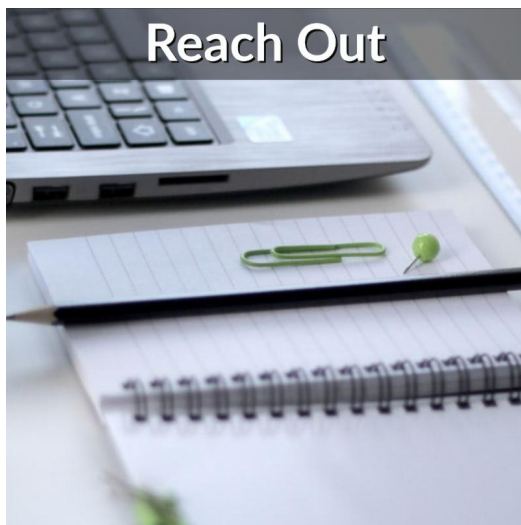
Mindful Transformation: Redefining Your Trauma

[Learn More](#)

**June 28-29, 2019**

2nd Society of Advanced Sexual Health, SASH- Training Event- Stay Tuned!

[See More](#)



Sant  is determined to provide quality care and programs for long-term recovery. If there is anything we can do to improve, please [reach out to us](#). Or if after reflecting on our continued collaboration and/or our shared clients and patients who are doing well, you can leave us a review on [Facebook](#) or [Google](#).



When you submit the ["Sant  Connections" form](#), your information is accessible to Sant 's admission and intake counselors, Aftercare Coordinator, and family therapists for referral purposes.





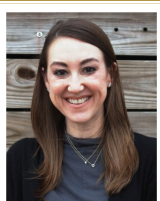


**COME SEE US AT SANTÉ!**

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