



# Long-Term Recovery Newsbites

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

March 2019

800.258.4250



**Melissa Pennington, DO**  
Medical Director  
3 years at [Santé Center of Healing](http://www.santecenter.com)

## Faith in the Program

"Simple compliance with the 12-step program is a necessary stage for most AAs to go through, but does

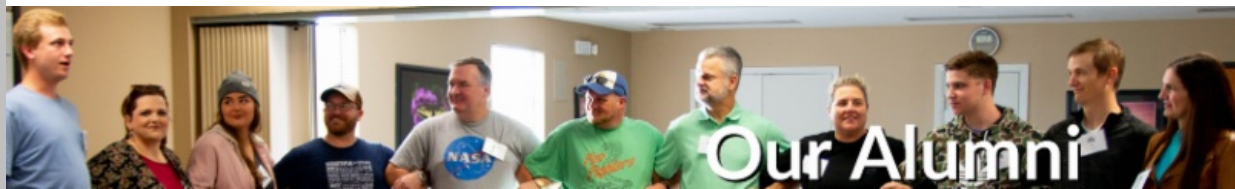
not constitute the full acceptance of the nature of the disease and the ongoing need for support and may, in fact, represent a resistance to full surrender. Surrender, however, refers to the state of complete acceptance of the program, including the surrender of one's will to a Higher Power. This is the spiritual state of acceptance that helps the recovering addict achieve a state of calmness and peace, and which indicates the dropping of resistance to the program and to recovery."

-A Clinician's Guide to 12 Step Recovery, p. 44



## What to expect from residential treatment at Santé é:

- Our staff consists of psychiatrists, addictionologists, psychologists and masters level therapists, most of which are EMDR trained and CSAT Certified
- Nutritional Counseling with Licensed Dietitian
- Psychological testing and neuro-psych testing onsite
- Weekly individual sessions
- Comprehensive individualized treatment plans including psychotherapy
- Treatment based on 12-step recovery principles
- Focus on family of origin, trauma and co-occurring disorder
- Referral Communications Coordinator
- Focus on long-term recovery with life-long alumni support



*"The therapy I received at Santé allowed me to finally put myself first; ask for what I need; set boundaries; have a vision of my authentic self. I am almost four years sober thanks to Santé and my amazing counselor. Santé literally saved me."*

-Alumni Ashley G.  
Celebrating 4 Years of Sobriety; February 2019

*"I did it and nothing can stop me now. Thanks so much Sante! Without y'all I don't know if I would've ever been able to stop on my own."*

-Alumni Sarah S.  
Celebrating 6 Months of Sobriety; February 2019



The course creates a unique learning environment utilizing presentations, interactive discussions, and experiential exercises. In addition to learning about boundary issues and ethical standard infractions, the course also outlines methods to identify high risk clients and staff for safeguarding the office or treatment setting, as well as ways to obtain help if one has crossed boundaries and how to be safe in so called "gray" areas.

[Learn More](#)



**Michael Lutter MD/PhD** is a Physician-Scientist who has researched and treated Eating Disorders, Anxiety, and Depression since 2006. He founded [Precision Psychiatry](#) in 2018 to bring cutting edge treatments to patients.

**Alcohol Abuse and Eating**



## Disorders

Patients who present for treatment of alcohol abuse often struggle with additional mental illnesses that affect their ability to participate in treatment, including Major Depression, Anxiety, Bipolar Disorder, and Post Traumatic Stress Disorder. Among the most difficult co-occurring illnesses to treat though is the combination of alcohol abuse and an eating disorder.

[Read Full Article](#)

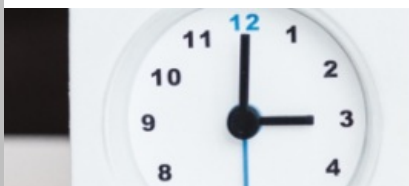


## Outcomes

### Patient Satisfaction Survey: Quarter 4, 2018

*Residential patients are surveyed at discharge.*

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



## Upcoming Events

**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

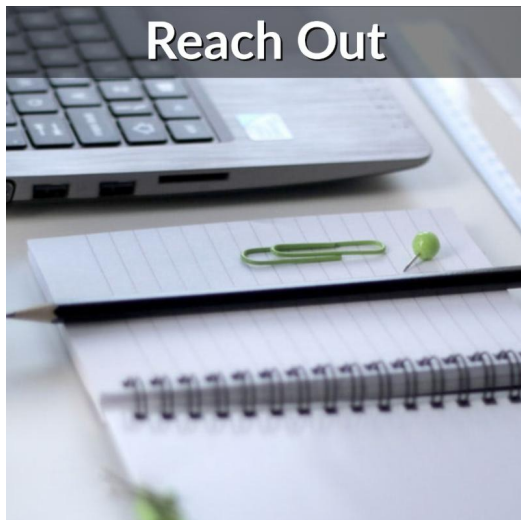
[Learn More](#)

**June 28-29, 2019**

Society for the Advancement of Sexual Health-Training II

[Learn More](#)

[See More](#)



## Reach Out

Santé 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](#).



## Networking Hotspot

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





**COME SEE US AT SANTÉ!**

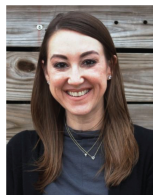
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