



# Long-Term Recovery Newsbites

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

March 2020

800.258.4250



## **Sam R. Slaton, MEd, LPC-S, MBA, MHSM**

Chief Operating Officer

16 years at [Santé Center for Healing](#)

As the situation around Coronavirus (COVID-19) continues to evolve, Santé Center for Healing continues to vigilantly assess and monitor it.

We follow best practices and make decisions based on the recommendations and guidance provided by the international World Health Organization (WHO), federal Centers for Disease Control and Prevention (CDC), carf International, Texas Department of State Health

Services, and Denton County Health Department.

We take great pride in maintaining the highest standards of cleanliness and hygiene and continue to implement well-established infection prevention protocols throughout the recovery continuum of care.

As it has always been at Santé, the safety of our clients, families and team members remains our highest priority. Just as it has been for our 24 years providing recovery, we remain committed to quality treatment, health and safety. Know that when your client or patient admits to Santé, their health, safety and long-term recovery is priority today and every day.

You can count on me and other Santé leadership to keep you in the loop as we learn more. We will be responsive to any changing information. I'm confident we'll work through this together.

Thank you for your continued trust and partnership.

## Top Docs 2020



Medical Director  
**Melissa Pennington,**  
DO, ABAM, CEDS

Psychiatric Nurse Practitioner  
**Preji Somar,**  
MS, MSN, LPC, APRN,  
CARN-AP, PMHNPBC

Psychiatric Nurse Practitioner  
**Dykstra Freeman,**  
MSN/RN, PMHNP-BC

# SANTÉ CENTER FOR HEALING MEDICAL PROVIDERS

Whether it's Residential or Outpatient,  
We're Here to Help.



Santé was featured in the March 2020 "Top Docs" edition for Living Magazine. The article spotlighted our Medical Director **Melissa Pennington, DO, ABAM, CEDS**, Psychiatric Nurse Practitioner **Preji Somar, MS, MSN, LPC, APRN, CARN-AP, PMHNPBC**, and Psychiatric Nurse Practitioner **Dykstra Freeman, MSN/RN, PMHNP-BC**

An excerpt:

*If you or a loved one need help, take the first step by calling Santé Center for Healing. "Even if someone is not sure what they need or they just want someone to talk to, I encourage them to call," says Dr. Pennington. "They can talk to master's-level therapists from the very first time they make contact."*

[Read  
More](#)

## Timely Resources

# How to Prevent a Panic Attack

There continues to be more understanding in American society regarding panic attacks and their effects on those who have them. That being said, there is still a great deal of misinformation and misunderstandings regarding panic attacks. Knowing how to prevent a panic attack — either yours or someone else's — can help defuse a stressful situation and deepen a relationship.



## WHAT CAN MAKE YOU HAVE A PANIC ATTACK?

Doctors and other researchers aren't exactly clear about why people have panic attacks. There are some universal things, however, that can make you feel vulnerable. For those people who are susceptible to having panic attacks, these can trigger one.

- Substance abuse issues
- Other psychological problems
- Issues with the nervous system or brain
- Stressful events like a job loss or a loved one's death
- Family history

## HOW TO PREVENT A PANIC ATTACK

There are steps you can take every day that can help you stave off the stress that the above issues can wreak on your mind and body. Doing these can also make it easier for you to avoid a panic attack.

- Take Care of Yourself
- Be Active
- Identify Stresses

At Santé, our compassionate staff understands that many people turn to drugs and/or alcohol as a way to help them cope with life's stresses. Learning effective strategies for avoiding a panic attack is something that can be part of someone's individualized treatment. Learn more about us by calling us at 800.258.4250 today.


[Read More](#)

## Our Alumni

A Santé Alumni was recently interviewed by The Ticket Sports Radio. Hear him describe his experience with Santé. Trent S. was asked the following question: How has your life changed after Santé? We wanted to share what he had to say.

[Click Here for Trent S.'s](#)





## Upcoming Events

### May 13-15. 2020

Maintaining Proper Boundaries Course

[Learn More](#)

### June 6. 2020

ATPSB Part 2 with SASH

*Registration Coming Soon*

### June 8-11. 2020

Intensive Therapy Workshop

*Mindful Transformation: Redefining Your Trauma*

[Learn More](#)

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

[See More](#)



## 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](#).





**COME SEE US AT SANTÉ!**  
**800.258.4250**  
**914 COUNTRY CLUB RD.,**  
**ARGYLE, TX 76226**



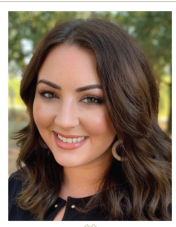
**Lisa Marie Shaughnessy**  
**Regional Marketing**  
**Coord.** -Denton Co,  
Tarrant Co., W. TX  
214.592.3799  
[lisamaries@santecenter.com](mailto:lisamaries@santecenter.com)



**Hallie Young**  
**Regional Marketing**  
**Coord.** -Dallas Co., Collin  
Co., E. TX  
469.771.7880  
[halliey@santecenter.com](mailto:halliey@santecenter.com)



**Eva Perez**  
**Regional Marketing**  
**Coord.** - Austin, San  
Antonio, Houston, S. TX  
512.839.6539  
[evap@santecenter.com](mailto:evap@santecenter.com)



**Mandy Penn**  
**National Marketing**  
**Coord.** - West Coast,  
Central US, East Coast  
214.934.9377  
[mandyp@santecenter.com](mailto:mandyp@santecenter.com)



**McKensy Coit**  
**Regional Marketing**  
**Coord.** - OK, AR, MO, KS  
940.395.8311  
[mckenseyc@santecenter.com](mailto:mckenseyc@santecenter.com)