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Long-Term Recovery Newsbites

www.santecenter.com

March 2023

800.258.4250

Upcoming Clinical CE Presentations

Please Note:

For **TEA (Trauma Education Association)** events, the below CE hours are provided:

Texas Certification Board of Alcoholism and Drug Abuse Counselors Provider No. 1584-00

Texas State Board of Examiners Professional Counselors No. 144

Texas State Board of Examiners Marriage and Family No. 344

Therapists Texas State Board of Social Workers Examiners Provider No. 2974

For **SIPER (Santé Institute for Professional Education and Research)** events, all of the above are provided in addition to:

NBCC ACEP Number: 7031

A majority of the licensing boards in the United States accept NBCC credit; however, as rules and regulations sometimes change without much notice, it is ultimately your own responsibility for interpreting your state's laws, board rules, course relevancy and all requirement for your state.

Santé is a proud sponsor of the Trauma Education Association



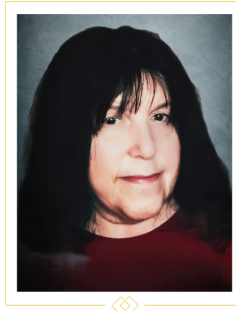
March 24, 2023

11:30 a.m. - 1:00 p.m. CST*

1 CE Hour via Zoom

"Everyday Evil and the Dark Triad"

Presented by: Susan E. Lawrence, MD, Esq



Presentation Objectives:

1. To be able to discuss the dark triad traits and how they impact the workplace.
2. To be able to articulate the dilemma of releasing supposedly "rehabilitated" prisoners convicted of heinous crimes who retain dark triad traits.
3. To be able to explain how dark triad traits impact society and the world.

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

*11:30 a.m. - 11:50 a.m. is networking & presentation begins at 12:00 p.m.

Register Now

SIPER

Santé Institute for Professional Education and Research

April 21, 2023
2:00 p.m. - 3:00 p.m. CST
1 CE Hour via Zoom

**"Sex Addiction and Sexually Compulsive Behaviors: Managing
Stigma and Misconceptions in Clinical Practice"**

Presented by:
Ashley Whitted, MS, LPC, CSAT



Presentation Objectives:

1. Examine common misconceptions around sex addiction.
2. Discuss social and cultural components to stigmas around sexually compulsive behaviors.

3. Explore professional implications for managing misconceptions and stigmas in treating sex addiction and sexually compulsive behaviors.

Presentation Overview:

In working with sexually compulsive behaviors and the sex addicts who struggle with them, we encounter a multitude of negative misconceptions. Due to these misconceptions, we, as professionals, must learn to manage the associated sociocultural stigma. This presentation will provide an open discussion around misconceptions associated with sex addiction and sexually compulsive behaviors, explore some sociocultural components to the negative stigma and perceptions that will inevitably impact our work with these clients, and discuss the associated professional implications and our ethical duties as practitioners.

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

Register Now

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April 28, 2023

11:30 a.m. - 1:00 p.m. CST*

1 CE Hour via Zoom

Sexual Assault 101: Panel Discussion on Survivor Support and Trauma-Informed Care

Speakers: Becka Meier, MEd, NCC, LPC-S, Kelly Goodwin, LCSW & Katharine Collier Esser, MA, NCC, LPC-S, LCDC



Presentation Objectives:

1. Define sexual assault and trauma
2. Review options for recent sexual assault survivors
3. Explore the impact of both sexual violence as a form of trauma
4. Outline strategies for supporting survivors of sexual violence using a trauma-informed approach

Presentation Overview:

Understanding the basics of sexual assault are so important for therapists. As most clinicians know, it is not if you will ever work with someone who has experienced the trauma of sexual assault, but when you will work with a survivor of sexual assault. This panel discussion will address the basics of sexual assault, including reviewing stats and dispelling myths about survivors and will provide an understanding of resources available to survivors with both a long-term and recent history of sexual assault, all through a trauma-informed lens.

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

*11:30 a.m. - 11:50 a.m. is networking & presentation begins at 12:00 p.m.

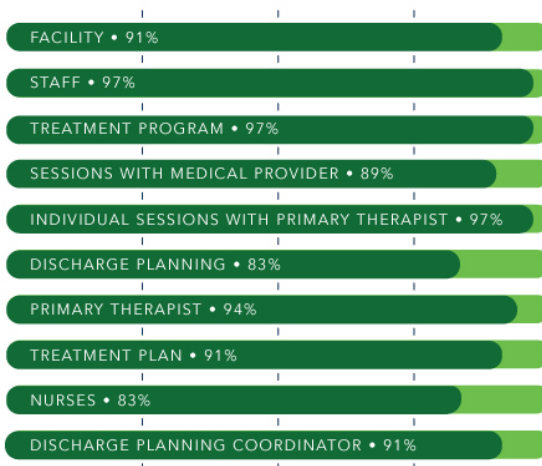
[Register Now](#)

Outcomes

Santé Center for Healing measures client satisfaction to provide top-tier client care services, measure staff and organization performance, and improve client care experience. Residential clients are asked to take a survey at discharge. Results are based only on those that agreed to participate. Those who responded "very" or "mostly satisfied" are: (click [here](#) or see below image)

CLIENT SATISFACTION SURVEY: QUARTER 3, 2022

Santé Center for Healing measures client satisfaction to provide top-tier client care services, measure staff & organization performance, & improve client care experience. Residential clients are asked to take a survey at discharge. Results are based only on those that agreed to participate. Those who responded "very" or "mostly satisfied" are:



ADDITIONAL COMMENTS:

- **Overall Impression**
 - o "Great counseling, medical, support staff. Comfortable quarters & open spaces. Good food."
 - o "Santé has a very beautiful campus & amazing staff!"
- **Staff Members**
 - o "Josh is outstanding & I'm grateful I was able to have him as a therapist."
 - o "There is nothing I could add to what everyone has contributed at Santé. Everything is done with excellence, grace & care. The classes, individual sessions, intake, discharge...all of it has been done extremely well. I must add that Shelley Evans is such an incredible gift & blessing."
 - o "I love all of the staff at Santé, everyone played an important role in my recovery."
 - o "The staff goes above & beyond to care & create a peaceful environment. The food is VERY good & I love that I don't have to plan the meals, cook the meals, or clean the kitchen afterward! PLUS, they bend over backwards to accommodate my dietary restrictions. All the CM's are exceptionally amazing people. I have learned so much from every one of them."
- **How would you summarize your experience at Santé?**
 - o "Ashley & Jason kicked my ass in the best way possible. I really do feel prepared for the outside world this time."
 - o "Santé has changed my life in so many ways. I am continuing to grow & heal from treatment given to me by Jenny, my case manager."
 - o "I honestly had a great experience at Santé. I thoroughly enjoyed the activities provided. Groups were enjoyable & educational. I had had one of the biggest breakthroughs of my recovery life in one of Shelley's groups. My therapist/case manager were/are incredibly thorough & insightful. I started with Jason Doorish & was sad to see him go. But Ashley Whitted has taken over my case exceptionally well. All the staff were wonderful. I would highly recommend Santé."



www.santecenter.com

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

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 7M 2D
– Catherine C on 2/7/23



Santé changed my life, family
values, health – Alumni on survey



I am in Santé IOP and it is a great experience. Recovery is great! I highly recommend it!
– Val R on 3/14/23



Today I am thankful that I am
getting to spend time with my
family. Without recovery, this
would not have been possible.
– Robert S on 2/12/23



Yay! SIX months Sober today! One of the best achievements in my life!!
What a wonderful feeling! – Melody H on 3/5/23



Santé was a true blessing for me. So grateful for the
community and my time there. I learned so much
about myself and have grown tremendously. The
staff is amazing and I highly recommend this
treatment center. – Alumni on survey



Alumni Support

Recovery is not something completed upon leaving a residential level of care program; it is an on-going process of learning and personal growth. Addiction, after all, is a chronic disease. To achieve long-term recovery it is imperative to stay connected. **This isn't about addiction. This is about recovery.**

THIS ISN'T ABOUT

ADDICTION

THIS IS ABOUT

RECOVERY

Santé offers opportunities to apply recovery skills, give service, develop new habits, deepen recovery knowledge, live out relapse prevention, and heal past and current relationships while making new relationships based on the foundation of recovery. Lifelong Santé alumni programming involves, but is not limited to: personal follow-up support; alumni community app; private Facebook community; road trips; recovery-enhancing experiences; text affirmations; Alumni Advisory Board; Annual Alumni Retreat; service opportunities; entertainment-based outings and monthly alumni newsletter. The goal in long-term recovery, and the support and experiences need to achieve it one day at a time.

"Santé empowers to seek healing for healthy relationships and life that we want" – Alumni

"Thanks for hosting a great event!!! Always love catching up Santé peeps. Hope to see you again soon!" – Alumni after Houston Alumni Road Trip

[Learn More](#)

Staff Sentiments



Melissa Pennington, DO, FASAM

Medical Director

With Santé Center for Healing Since 2015

Nature of Addiction

One of the hardships consistent within addiction is the nature of addiction itself. Having worked with and for other mental and behavioral health organizations, Santé's Medical Director Dr. Melissa Pennington points out, "Santé understands and best addresses the 'rolling with resistance' aspect of treating addiction." Those in active addiction commonly want to leave treatment,

stop doing the hard but important work of feeling and healing, and return to their drug of choice at various points along their recovery journey. From initial intake to detox and longer term recovery, Santé has developed and implemented several procedures to encourage patients to remain in life-saving, life-affirming treatment. "We do this by ensuring a non-judgmental attitude, comfortable detox, gentle reassurance, and enlisting the help of peers and family and friends in recovery." We ask patients to intentionally invest in themselves and in their treatment community, refraining from their previous environment in their first few days in residential treatment. Dr. Pennington continues, "We have a '96 hour rule' that ensures patients do not leave treatment impulsively. Most importantly, we treat each and every patient as a person. We listen to them, we understand them, and we don't take their actions or statements in the midst of addiction personally."

Investing in the Future

Santé proudly awards the Rip Corley & Santé Center for Healing Scholarship to **Carey Price**.

The Rip Corley & Santé Center for Healing Scholarship is in memory of Santé's co-founder Rip Corley, LMSW, RN. It is awarded to individuals in recovery from addiction for at least two years, having completed at least one year in college and pursuing an undergraduate degree from an accredited college and/or university.

Carey is from Fort Worth, TX. She is pursuing a BAAS in Organizational Leadership at Weatherford College. She shared that **"My academic and professional goal is to lead a non-profit that works directly in youth [substance use] prevention and intervention. The BAAS in Organization Leadership prepares me to lead change, make a difference, and solve problems."**



The Twelve Steps



Step Three

An important step in someone's path to recovery is faith. Having the trust to rely on something or someone who is not themselves is not easy but it can be done if you have the confidence to try. Let go and have faith.

Maintaining Proper Boundaries

Continuing Medical Education Course

Next Course Offered: May 10-12* (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 Events

Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

March 24, 2023

TEA (Trauma Education Association) - 1 CE Hour

11:30 AM - 1 PM CST, Via Zoom

"Everyday Evil and the Dark Triad"

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Click [here](#) to register

May 10-12, 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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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.