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## Long-Term Recovery Newsbites

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

April 2023

800.258.4250

# SPECTRUM OF SEXUALITY SUMMIT



### SAVE THE DATE

#### 6-hour CE Event

This fifth annual education and inspiration-filled day spans the spectrum of sexuality topics. Hear from expert therapists from multiple viewpoints – CSATs, sex therapists, sex educators, LPCs, LMSWs and more. Evidence-based theory and implementation ideas for your work and your clients.

#### Date:

Friday, June 2, 2023

**Additional Details and Registration Coming Soon!**

## Upcoming Clinical CE Presentations

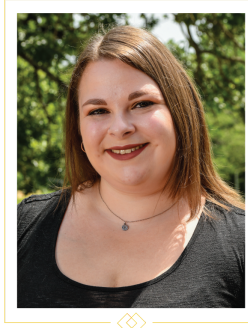
# SIPER

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**

### Please Note:

For **SIPER (Santé Institute for Professional Education and Research)** 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

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.

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**Santé is a proud sponsor of the Trauma Education Association**



**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**

**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

# Alcohol Awareness Month



**AMONG PEOPLE AGED 12  
OR OLDER IN 2021, 29.5  
MILLION PEOPLE HAD A  
ALCOHOL USE DISORDER  
IN THE PAST YEAR**

Substance Abuse and Mental Health Services Administration. (2022). Key substance use and mental health indicators in the United States: Results from the 2021 National Survey on Drug Use and Health (HHS Publication No. PEP22-07-01-005, NSDUH Series H-57). Center for Behavioral Health Statistics and Quality. Substance Abuse and Mental Health Services Administration.  
<https://www.samhsa.gov/data/report/2021-nsduh-annual-national-report>

## If you have a client or patient with an alcohol use disorder...

With 27 years of experience, Santé recognizes when referring a client or patient you need an organization motivated by and focused on long-term recovery. You look for the commitment to evidence-based medicine and clinical programming, where the client's or patient's recovery needs matches a continuum of care. We understand comorbidities are not just trauma-informed, but provide trauma resolution. We assess for and treat substance use disorders, dual diagnosis, problematic sexual behaviors, disordered eating, self-harm and other compulsive behaviors all within an individualized and intimate treatment setting. Our mission is to address addictive behaviors and associated conditions with an integrated addiction treatment model, drawing from traditional and innovative approaches.

Please click [here](#) or the below button or call 1.800.258.4250 for additional information.

[Learn More](#)

## 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. A self-report survey is distributed to all alumni at 60, 180 and 365 days post-treatment at Santé. Results are based only on those that agreed to participate in the survey. (click [here](#) or see below image)



## CLIENT FOLLOW-UP SURVEY: QUARTER 3, 2022

Santé Center for Healing measures client satisfaction to provide top-tier patient care services, to measure staff & organization performance, & to improve client care experience. A self-report survey distributed to all alumni at 60, 180 & 365 days post-treatment at Santé. Results are based only on those that agreed to participate in the survey.

### \*60 DAY FOLLOW-UP:

IN RECOVERY • 90%

IN 12-STEP MEETINGS • 24%

HAVE A SPONSOR • 17%

SEEING INDIVIDUAL THERAPIST • 79%

INTEREST IN ALUMNI PROGRAM • 58%

### \*180 DAY FOLLOW-UP:

IN RECOVERY • 75%

IN 12-STEP MEETINGS • 38%

HAVE A SPONSOR • 13%

SEEING INDIVIDUAL THERAPIST • 71%

INTEREST IN ALUMNI PROGRAM • 57%

### \*365 DAY FOLLOW-UP:

IN RECOVERY • 100%

IN 12-STEP MEETINGS • 50%

HAVE A SPONSOR • 50%

SEEING INDIVIDUAL THERAPIST • 100%

INTEREST IN ALUMNI PROGRAM • 100%

## ADDITIONAL COMMENTS:

### \*60 DAY FOLLOW-UP:

- Average Self-Worth (1 to 10 with 10 being the highest):  
Went from **3.2** at admission to **6.2** after discharge.

#### Client Comments:

"Santé was a true blessing for me. So grateful for the community & my time there. I learned so much about my self & have grown tremendously. The staff is amazing & I highly recommend this treatment center."

"Santé changed my life, family values, health."

"I wish I could if stayed longer. The treatment was amazing & it saved my life."

"Great job guys! Keep up the good work!"

"I appreciate you guys."

### \*180 DAY FOLLOW-UP:

- Average Self-Worth (1 to 10 with 10 being the highest):  
Went from **2.3** at admission to **6.5** after discharge.

#### Client Comments:

"Thank you for helping me save my life."

### \*365 DAY FOLLOW-UP:

- Average Self-Worth (1 to 10 with 10 being the highest):  
Went from **3** at admission to **8** after discharge.



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.



1 yr 7 mo 1 day. Ha. Right on....  
– Cristobal N on 3/16/23



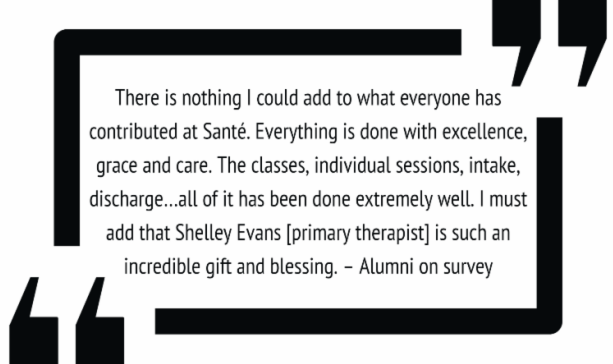
Santé has a very beautiful campus and amazing staff! – Alumni on survey



Great counseling, medical, support staff. Comfortable quarters and open spaces. Good food.  
– Alumni on survey



Santé has changed my life in so many ways. I am continuing to grow and heal [due to] treatment given to me by Jenny, my case manager.  
– Alumni on survey



There is nothing I could add to what everyone has contributed at Santé. Everything is done with excellence, grace and care. The classes, individual sessions, intake, discharge...all of it has been done extremely well. I must add that Shelley Evans [primary therapist] is such an incredible gift and blessing. – Alumni on survey



I wish I could have stayed longer. The treatment was amazing and it saved my life. – Alumni on survey



## Medical Detox

Often Santé's first level of programming for our clients, our on-site medical detox is staffed by the medical team. They are trained in helping clients cope with the symptoms of early drug or alcohol abstinence. Santé's medical experts understand how withdrawal works and why it's so dangerous when individuals think they can do it alone. Without medical assistance and oversight, the symptoms are unpleasant and could even be life threatening. Santé's compassionate professionals help to reduce withdrawal symptoms such as anxiety, aches and pains, cold sweats, cravings, insomnia and restlessness. The medical team monitors vitals, perform withdrawal assessments, and provides general medical care. Medicines may be given to make symptoms less severe and decrease the risk for complications.

### Why Medical Detox?

Getting sober is easier than staying sober. Santé's detox is a natural transition into residential level of care where clients come to realize alcohol and other drugs are only a symptom of underlying problem or issues. Detox is an early step in assisting clients to recognize why they initiated substance use and what their life's possibilities are in long-term recovery.

[Learn More](#)



## Levels of Care

## YOUR JOURNEY TO RECOVERY BEGINS

Professional Assessments

Medical Detox

Residential

Intensive Outpatient

Transitional Living

Family Programming

Indiv. Therapy & Med. Mngmt

Alumni Support

## OUR GOAL IS LONG-TERM RECOVERY

## Courage to Look Within

**Melissa Pennington, DO, FASAM**

Medical Director

With Santé Center for Healing Since 2015

### Courage to Look Within

It doesn't have to be rational... so few things are with individuals suffering from substance use disorders. Otherwise, it would be easy to simply "just stop." In active addiction, destructive paths are consistent. Needs of others aren't considered.



Relationships are non-existent, or strained to capacity at best. Addiction has the power to destroy.

It's been called "the ritual of forgetting oneself." Isolation. Drug use. Overpowering and destructive behaviors. Disconnection from emotion and feelings.

But then there is COURAGE. Courage to want something different.

Courage to stop long enough and in the stillness take personal moral inventory. To take a truthful and long look within yourself to identify negative thoughts, unflattering truths and personality traits to allow for growth and self-improvement. Courage to find another way. Courage to ask for help, reach out for help, and find help. Courage to be vulnerable with solid support systems (that perhaps you feel as though you don't deserve) or sponsors who share hope, health and healing right where you are. Daily courage, effective treatment, recovery-supportive environments, relapse prevention plans and one day at a time... the courage evolves into a refusal to ever go back to devastating behaviors, choices and consequences.

And it all starts with a moment of courage...

## Maintaining Proper Boundaries

### Continuing Medical Education Course

**Next Course Offered: August 23-25\* (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

## **April 21, 2023**

**SIPER (Santé Institute for Professional Education and Research) - 1 CE Hour**

2:00 PM - 3 PM CST, Via Zoom

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

Ashley Whitted, MS, LPC, CSAT

Click [here](#) to register

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11:30 AM - 1 PM CST, Via Zoom

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

NCC, LPC-S, LCDC

Click [here](#) to register

## **June 2, 2023**

**The 5th Annual Spectrum of Sexuality Summit**

Details and registration coming soon

## **August 23-25, 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.