



Long-Term Recovery Newsbites

www.santecenter.com

May 2021

800.258.4250

What *25 years* of providing recovery has taught us... addiction doesn't get better on its own.

News & Media

LEADING WOMEN OF SANTÉ

Living Magazine features the Women in Leadership at Santé Center for Healing.



BACK LEFT TO RIGHT: SUSMITHA THOTA, MHSM, MBA-Project & Operations Manager; MICHELLE LUTTRELL, MA, LMFT-S-Director of Intake; SARAH COSGROVE-Director of Finance; AVERY ROWLES, MA, LPC, CSAT-Clinical Director; RENEE STONE, RN, BSN, CARN-Director of Nursing
FRONT LEFT TO RIGHT: DR. MELISSA PENNINGTON, DO, FASAM, CEDS-Medical Director; HOLLIE HIGGINS-Development Director; KERI GONZALEZ, SHRM-CP-HR Director



Santé's Clinical Program Director, **Avery Rowles, MA, LPC, CSAT** and Director of Intake and Admissions, **Michelle Luttrell, MA, LMFT-S**, discuss how Santé's treatment has helped thousands of people reach their long-term recovery goals for over 25 years in the "Leading Women Special Section" of *Living Magazine*.

Click [here](#) or below to read the article.

[Read the Article](#)



Intensive Outpatient Program

"The more you have a treatment that can help you become continuously abstinent, the better you do," says Lisa Onken, chief of NIDA's behavioral and integrative treatment branch. "You have to figure out how to be abstinent. You still have cravings. You still have friends offering you drugs. You still have to figure out ways not to use. The longer you are able to do that, the more you are developing skills to help

you stay abstinent."

Santé's intensive outpatient treatment program (IOP) provides real-world exposure, along with critical ongoing structure and support. Each client meets with their masters level primary therapist, who will identify and address treatment goals, provide individual therapy and assist the client throughout their 16 valuable and formative weeks in IOP. "Through individualized care, Santé's IOP is designed to develop and implement essential skills of daily recovery while providing the time and attention needed to address the underlying influences of addiction, including traumas, psychosocial factors and mental health disorders," said Santé's Director of Outpatient Programming Adam Karazuba, MSW, LMSW. He also shared that, "Group therapy allows for patients to grow their emotional literacy, increase distress tolerance and find safety in vulnerability, as Santé's program is based on a culture of accountability, community and acceptance."

A study published by National Council on Alcoholism and Drug Dependence (NCADD) offers evidence that longer term treatment equates to better overall addiction recovery and quality of life results. A residential level of care needs to be a first step on a journey like Santé's long-term, recovery continuum of care where can transition from a residential setting into a more "in life" treatment approach.



Clients transition through each phase of their IOP program three night per week, driven by how the client is meeting individualized treatment goals, progressing in one's own recovery and completion of therapeutic assignments. Programs are also available via Zoom and during the day. Individual therapy is spread throughout all phases. The goal remains long-term recovery.

"Sante's IOP and TL program provided a safe place for me to go after inpatient. After leaving a secure environment like inpatient trying to achieve sobriety "on my own" in the real world would have been too daunting without the support I had put in place. After putting so much effort into recovery during inpatient, it would have hurt me immensely to skip out on IOP and TL and risk a relapse. Even though I wanted to put the past behind me and continue on living my life as I was before I got sober, I knew this was impossible. Going to IOP and TL provided me the best opportunity possible to achieve long-term sobriety." – Marni, Alumni

[Learn More](#)

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.

“
Hello! Celebrating
191 days of the sober
life. One day at a time!
- Amanda W on 5/16/21
”

“ I am grateful for 45 days
sober!!
- Bart J on 5/14/21 ”

“ I was late getting my 60-day NA
chip, but I still got it. 74 days
sober today.
- Matt B on 5/15/21 ”

“ 6 months sober, living my
new life in recovery :)
- Mark G on 5/16/21 ”

“ Never dreamed I could feel
this good sober. Life is
better when your mind is
clear and your heart is full.
- Alysse G on 5/13/21 ”

“ I was at Santé 10 years ago with a crippling
sex addiction combined with alcoholism.
Santé truly saved my life and I never can
be grateful enough. Thank you
- James P on 5/14/21 ”

“ Thank you Santé for helping me get my life back!!
Looking forward to my two year sober mark
ahead!! It works if you work it!! Praise God!!
- Neelie O on 5/2/21 ”

“ Got my 60-day chip yesterday at
The Lewisville Group AA. Building
on my sobriety 24 hours at a time!
- Matt B on 5/5/21 ”

“ My relationships with family and employers
and employees has dramatically improves.
Everyone knows about my struggles and my
story. I'm not perfect (don't care to be) but
am growing and having a great time in recovery.
On the 18th of May I'll be 6 months sober.
- Mark G on 5/6/21 ”

Confiding with Transparency

Step Five

“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”

You can be forgiven for your flaws. You can also forgive others of theirs. Step Five is about letting go of ego and sharing our character defects and wrong doing with our higher power and another person. This is a way to learn and grow from past mistakes and to unburden oneself to someone who will not judge. Being able to face inwardly and process all of your wrongs is not an easy feat; you must have a strong support system to lean on, to confide in, and celebrate the cathartic freedom of bringing all of one’s wrongs to light. To practice transparency by acknowledging details of your wrong doings helps ease isolation’s hurts. Many working the steps for the first time experience the cumulative effects of active addiction’s years of isolation and loneliness.

“As the pain subsides, a healing tranquility takes its place. And when humility and serenity are so combined, something else of great moment is apt to occur.” Twelve Steps and Twelve Traditions, Alcoholics Anonymous World Services.

**1:6 RATIO OF
CLINICIANS
TO CLIENTS**

THE SANTÉ

ADVANTAGE

Upcoming Clinical CE Presentations

SIPER

Santé Institute for Professional
Education and Research

Presents:

Continuing Education Events

June 18, 2021

12:00 p.m. - 1:00 p.m. CST

1 CE Hour

"Developmental Trauma Healing through
Neurofeedback"

Presented by: Delta Shuman MS, LPC,
ACC, Certified Executive Coach,
Neurofeedback Practitioner, EMDR
trained, CPTT Candidate



[Register Now](#)

Investing in the Future


Santé proudly awards The Rip Corley & Santé Center for Healing Scholarship to **Monica Hartman**.

The Rip Corley & Santé Center for Healing Scholarship in memory of Santé's co-founder Rip Corley, LMSW, RN. This 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.

Monica is from Weatherford, TX. She is pursuing a degree to be Human Service Provider and to be a Licensed Chemical Dependency Counselor at Weatherford College. Monica shared, "When I decided to enter the world of recovery, I had no idea



the mental challenges and guilt that would follow. I felt tremendous guilt and regret for a long time after realizing the horrible things I had put my body through, my family through, my friends, and most of all myself. I realized right then I needed to make "right" all the wrongs I had created through self-destruction for many, many years. I decided to enter college. I wanted to acquire my License Chemical Dependency certificate so that I could help others with spreading hope and helping them realize that there is a wonderful life after recovery. I wanted them to see that if I could do it, so could they. After completing the program, I decided I wanted to do more. So, I decided to continue with college and go as far as I can. I am now on my second year, half-way to graduating with my associate degree in Social Work. Not only do I want help addicts but I also want to be an advocate for those less fortunate. I have decided to further my studies by continuing with college for my bachelor's degree in Social Work."



Upcoming Events

May 21, 2021

Trauma Education Association Monthly CE - 1 CE Hour

11:30 am - 1:00 pm CST via Zoom

"Testosterone The Next Drug Epidemic: Side Effects, Addiction, Death!"

presented by Lisa Marie Shaughnessy and Tamara Allen Bush, LPC-S, CSAT, NCC

Click [here](#) to register

May 25, 2021

Alumni Online All Inclusive Recovery Meeting at 9 PM CST

June 1, 2021

Alumni Online All Inclusive Recovery Meeting at 9 PM CST

June 8, 2021

Alumni Online All Inclusive Recovery Meeting at 9 PM CST

June 15, 2021

Alumni Online All Inclusive Recovery Meeting at 9 PM CST

June 18, 2021

SIPER CE Event - 1 CE Hours (1 Hour of Ethics)

12:00 p.m. - 1:00 p.m. CST via Zoom

"Developmental Trauma Healing through Neurofeedback" presented by Delta Shuman, MS, LPC, ACC, Certified Executive Coach, Neurofeedback Practitioner, EMDR trained, CPTT Candidate

Click [here](#) to register

June 22, 2021

Alumni Online All Inclusive Recovery Meeting at 9 PM CST

June 25, 2021

Trauma Education Association Monthly CE - 1 CE Hour

11:30 am - 1:00 pm CST via Zoom

"Healing Sexuality After Abuse or Betrayal"

presented by Brian Martin, Ph.D., LMFT-S, LSOTP, CSAT and Laney Knowlton, MS,

June 29, 2021

Alumni Online All Inclusive Recovery Meeting at 9 PM CST

[See More](#)

Investing in our Community

Santé is honored to support our community. We've made a commitment to improving the quality of life of our great community and impact the world, with positive ripple effects for generations to come.

Santé is a proud Argyle Independent School District Eagle Partner!



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/>

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*](#).



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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.