



Long-Term Recovery Newsbites

www.santecenter.com

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800.258.4250

Treating Fentanyl Addiction at Santé

According to the Centers for Disease Control and Prevention (CDC), fentanyl and other synthetic opioids have had a rapid and dramatic rise; overdose deaths involving these drugs have nearly doubled over the past two years, from about 35,000 deaths in the 12-month period ending October 2019 to more than 69,000 in October 2021.

When asked specifically about Fentanyl, Santé Center for Healing's Medical Director Dr. Melissa Pennington, D.O., FASAM, CEDS said, "Nationwide, we have seen an increase in overdose deaths related to fentanyl, a synthetic opioid that is 100 times more potent than morphine and 50 times more potent than heroin. This dangerous drug is often marketed as pressed pills posing as legitimate pharmaceuticals such as Percocet or Xanax. It is also frequently found in stimulant supplies (such as cocaine) or mixed with heroin. Many users are unaware that their drug supply actually contains fentanyl. The drug's potency leads to more difficulty with resuscitation in the case of an overdose as well as a more complicated withdrawal syndrome."

What does treatment for fentanyl use look like at Santé Center for Healing?

Treatment of opioid use disorder is unique to each individual and based on a number of factors. An assessment by a treatment center like Santé is a great place to start. During an assessment your client will confer with clinical and medical staff to assess what level of care is most appropriate. Levels of care help determine what their individualized treatment plan looks like. For example -

- They may need more intensive treatment that includes around the clock residential care with services including medical detox, Medication-Assisted Treatment (MAT), or medication management.
- They may live at home while attending an outpatient level of care during the day or in the evening.
- They may need to enter structured transitional living to access peer support and accountability in a therapeutically supported environment.

As you know, there is no shame at Santé Center for Healing. This may be your client's first addiction treatment experience, it isn't ours; Santé celebrated 25 years of saving and changing lives in 2021. It is not uncommon for people seeking treatment for one substance to also be using additional substances, including alcohol. Encourage your client to be upfront with clinical and medical staff about all the substances they've been using, how frequently they've been using, what amount, when they last used and any associated, and compulsive behaviors; this information is vital to getting them appropriate care towards long-term recovery.

"At Santé, we have the ability to detox individuals from fentanyl comfortably and safely, using medications such as buprenorphine, clonidine, as well as other medications to treat symptoms of anxiety, restlessness, insomnia, pain/muscle tension and GI upset. We understand how important it is to keep patients comfortable as they transition into residential treatment. Detoxification is the first step on the road to recovery," said Santé's Medical Director Dr. Melissa Pennington, D.O., FASAM, CEDS.

At Santé, treatment includes a variety of clinical tools like individual therapy, group therapy, neurofeedback, ropes course, equine therapy, psychodrama, physical fitness, and more!

If your clients wants to discuss the consequences of fentanyl in their life, we're here to support them 24/7. They can reach us anytime at (800) 258-4250 or by visiting our website at <https://www.santecenter.com/>.

Out And About

Santé's Medical Director, Dr. Melissa Pennington presenting "Boundary Violations: What to Look For...& What to Do About It," at the 2022 Annual Education Conference for the National Organization of Alternative Programs in In Albuquerque, New Mexico.



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INTEGRITY

ADMITTING TO A HIGHER POWER,
OURSELVES, AND TO ANOTHER HUMAN BEING
THE EXACT NATURE OF OUR WRONGS.

Santé
CENTER FOR HEALING

12
STEPS

Confiding with Transparency

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.

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.

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I am still sober and have had 0000000 relapses and got married in December.
- Tonie R on 4/27/22

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We all need to remind ourselves that no matter how dark the moment, love and hope are always possible.
- Jeff B on 4/25/22

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I never thought I'd make it here because I didn't think I was an alcoholic. Well, 90 days later...here I am! Thanks to Santé and all of [the Alumni] support! Today I get my 90 day chip from my sponsor and my mom will be attending the open meeting! - Janessa S on 5/14/22

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Note to self: I am going to make you proud, one day at a time. - Eric S on 4/25/22

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I made it 32 days already! So happy I'm clean now. Look forward to keeping my sobriety.
- Matthew H on 4/27/22

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“

I am so grateful for today as it marks my 1 year of being sober. - Gary F on 5/18/22

”

“

I'm grateful for 18 months sober today! - Brendan O on 5/6/22

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Residential Treatment Program

In a residential treatment program, individuals can finally get the help they need to recover. Many people feel guilty or ashamed of their addiction. These negative feelings make it harder for the person to realize that they need help. Through the right support, individuals can finally get the care they need.

Whether entering with substance use disorders, trauma, problematic sexual behavior, eating disorders or dual diagnosis, individuals who begin the residential level of care will individually and collectively interact with Santé's exemplary, tenured staff of psychiatrists, addictionologists, psychologists, psychiatric nurse practitioners, certified addiction nurses, licensed dietitians, and masters level therapists who have additional credentialing and certifications in EMDR, CSAT, ACT, DBT, CBT, EFT, motivational interviewing, shame resiliency, psychodrama, relapse prevention and grief and loss.

Individualized treatment plans are customized throughout this level of care that

involves: simultaneous treatment of dual diagnosis, individual therapy, group therapy, education, accountability, 12 step introduction, EMDR, neurofeedback, shame resiliency, experiential therapy including high and low ropes course, nutritional counseling, medication management, yoga, gender-specific groups and relapse prevention planning. Idea is to identify and work through the core-level issue underneath the substance use, problematic sexual behavior, disordered eating, and other compulsive behaviors. In this level of care, clients and their treatment teams identify the underlying causes of the addiction and how they can achieve long-term recovery.

"It gave me a new perspective to what is important in life. It allowed me to 'disconnect' from the chaos I was in or had created and to work on my recovery without distractions." - Lisa, Alumni

[Learn
More](#)

Maintaining Proper Boundaries

Continuing Medical Education Course

Next Course Offered: August 3-5* (Virtual 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.

Virtual Course Details and Requirements:

- The course will be virtual via Zoom. It will be live with no recorded presentations used.
- The content and time requirement of the virtual course is the same as the in person course.
- The course participant must provide photo ID to confirm they are the one registered to attend.
- The course participants are required to attend each session in their entirety.
- The course participant's camera (video) must remain on during each session and they must be visible at all times.
- If the course is a board licensure or employer requirement, it is up to the

participant to determine if their board will accept an online version of the course.

- Santé Center for Healing upholds HIPPA guidelines and values the confidentiality of all persons on campus and participating in virtual course/programming. Faculty, patients, alumni, and visitors are asked to assume an obligation to keep in confidence all information that pertains to Santé patients and Santé visitors. All participants in the course are asked to agree to confidentiality – each attendee agrees not to share any other participant's identifying and personal information with others. It is appropriate to share your personal reaction and feelings with others, but please do not share other people's stories or other information with anyone outside of the course.
- Technology Requirements:
 - basic computer literacy
 - a computer with webcam, audio, and microphone/headset (smartphones are not acceptable)
 - a private space with strong, reliable internet.

***Space is limited**

Register Now

Upcoming Events

Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

June 24, 2022

Trauma Education Association - 1 CE Hour

11:30 AM - 1 PM CST, Via Zoom

Additional details and registration available soon.

[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/>

Connect 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*](#).

Take a Virtual Tour of Santé Center for Healing





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