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## Long-Term Recovery Newsbites

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

June 2023

800.258.4250

## Upcoming Clinical CE Presentations

Santé is a proud sponsor of the Trauma Education Association



**June 23, 2023**

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

**1 CE Hour via Zoom**

**"Coupled Recovery™:  
Comprehensive Healing from PSB and Betrayal"**

**Presented by:**

**Laney Knowlton, LMFT-S, CSAT, CPTT, CCPS, CMAT, IAT  
and**

**Dr. Brian Martin, LMFT-S, LSOTP, CSAT, CPTT, CCPS, IAT**



### **Presentation Objectives:**

- Understand how to connect tools from the treatment of PSB, Betrayal Trauma, traditional couples work, and sex therapy
- Utilize tools to create Emotional Safety following PSB and BT

- Utilize specific steps to help clients work through healing sexuality after PSB and BT

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

CE hours 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

**Register Now**

## Pride Month

This month, and every month, we celebrate and welcome the LGBTQIA+ community. We believe in accepting people where they are and guiding their journey to lifelong recovery. For those that are not aware we have been LGBTQIA+ Owned and Operated since 1996. At Santé, "Pride" is not just a month, we see and honor all walks of life and we know that mental health concerns and substance use disorder (SUD) does not discriminate. We have a philosophy in which "we don't give up on people" and to us that means all!

Did you know:

- Statistics show that LGBTQIA+ adults are twice as likely as their heterosexual counterparts to use illicit drugs and also twice as likely to suffer from SUD
- LGBTQIA+ individuals between the ages of 13-24 have stated they have been diagnosed with an eating disorder and an additional 29% non-diagnosed but suspected they might have an eating disorder
- We have LGBTQIA+ informed therapists
- We offer Gender Affirming Care at all levels of treatment
- Our intensive outpatient treatment clients meet in specialty demographic groups during the program and there is a group for LGBTQIA+

**"When I began my career as a counselor, it was a must on my checklist that I find somewhere to work that was LGBTQ+ affirming. I was lucky enough to be offered a position at Santé Center for Healing, whose program encompasses all of the support, acceptance, understanding, and knowledge that was the requirement on my checklist. For me, this goes beyond just accepting those in the LGBTQ+ community; it is a true understanding, a knowledge and education around the necessary terminologies, affirming language, lifestyles, and struggles of those in the LGBTQ+ community. It is an understanding that one's issues are not BECAUSE they are LGBTQ+ but that issues cannot be addressed without an understanding around what it MEANS to be LGBTQ+ in our society."**

**Ashley Whitted, MS, LPC, CSAT  
Residential Case Manager/Primary Therapist**

## 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.



Two years ago I took that first step to get sober and every day I take the steps that keep me sober. Blessings! – Rev. Gary R on 5/18/23



100 days today! Loving the new life I've been given in recovery... it works, if you work it, and YOU'RE WORTH IT! – Brittany H on 5/15/23



It's almost been a year since I arrived at Santé scared and broken. Best decision of my life! Still clean and living my best life without the use of drugs. Thank GOD for leading me right where I needed to be. – Catherine C on 6/15/23



Monet is doing great! Thanks to your fantastic facility. She loves Santé and the help she received, and I too, had such great help with counseling at Santé during her time there. Changed our lives forever for the better! You and your team are doing great things!" – note shared from spouse of an Alumni



Still sober! One day at a time. Feeling happy without substance hits different, a totally new vibe. And I'm loving it. [celebrating 4 months in recovery on 5/15] – Amanda P on 5/15/23



...I'm grateful for Santé not because they fixed all my problems, but because they helped me find a new way of thinking and helping myself and others. I'm eternally grateful for this gift of life and gratitude. – Steve K on 5/16/23



## 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."



Meredith Sims, MS, LPC, NCC,  
Assistant Director of Outpatient Services

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.

*"IOP is an incredible outlet for individuals, whether it is their highest level of care to date or the next step down in their continuum of care. Not only can individuals engage in trauma processing and continued skill development, they experience triggers in their daily lives while having a group to return to three times a week to process these challenges,"* says Santé's Assistant Director of Outpatient Services Meredith Sims, MS, LPC, NCC. *"I continuously hear that clients look forward to coming to group because it becomes a huge support and lifeline in their recovery process. I also frequently hear that the transition from residential treatment to daily life is challenging for various reasons and that IOP makes a huge difference in our client's felt sense of community, accountability, support, and continued growth."*

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 often needs to be a first step on a journey like Santé's long-term, recovery continuum of care. Clients can then step down from the residential setting into a lower level of care, IOP, which allows them to "do life" while they receive treatment three days or evenings per week and process both trauma and day-to-day challenges.

Clients transition through three phases of their IOP program, driven by how the client is meeting individualized treatment goals, progressing in their recovery, and completing therapeutic assignments. Individual therapy is offered throughout all three phases to help individuals sustain long-term recovery.

In addition to process groups, IOP clients meet in issue-specific "special topic" groups throughout the program. These special topics groups include, but are not limited to: emotions, vulnerability, CBT/DBT skills, communication, loneliness and isolation, resentments and accountability, relapse prevention and triggers, nutrition and healthy living, family systems and roles, community building, grief, control, sober fun, relationships and boundaries, types of recovery meetings, shame and shame resilience, values, identity, self-care and grounding techniques, gratitude, goal setting (SMART), anger, and spirituality.

In addition to those groups, specialty demographic groups also meet on rotation. These groups include: divorced individuals, parents, women, men, cultural diversity, and LGBTQIA+ individuals. These groups are aimed to create a safe space for individuals to discuss nuanced, critical demographic-specific topics related to addiction, mental health, and 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

Click on the below button or call 940.464.7222 for more information on the Intensive Outpatient Program.

[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

## Making Verifiable Change

### Step 6

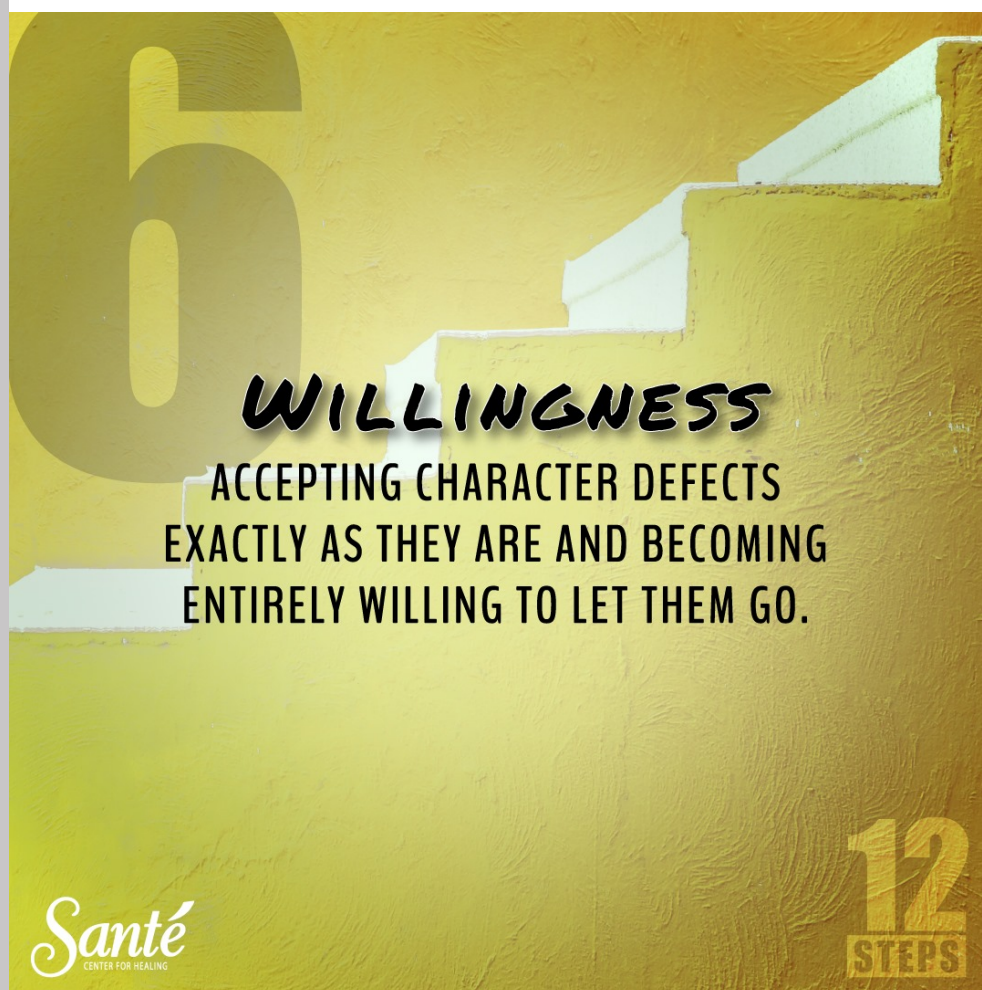
**“Were entirely ready to have God remove all these defects of character.”**

When someone first enters treatment, they are rarely ENTIRELY READY to be free from addictive behavior and immediately willing to take a closer look at their shortcomings.

Every moment spent in recovery is an active choice. Going to treatment, getting out of bed each morning, attending and participating in groups, opening up to a therapist, staying sober one day at a time...when these actions are combined they add up to verifiable change. A new life. A better life.

This change also allows for personal growth and acknowledgment of how past destructive behaviors and shortcomings have harmed oneself and others. An individual can take this knowledge and new self-reflection and work to improve all aspects of their life. Everyone has certain damaging behaviors they can work to let go of, such as fear, pride, dishonesty, gluttony, greed, lust, jealousy, willfulness, and anger.

Making the choice to open oneself up to trying to do things in a different way, even when it's not easy or comfortable is essential to long-term recovery. We are honored and privileged to be a part of someone's journey through treatment and will continue to work with people to change themselves for the better one day at a time, every day as we have for more than 25 years.



**WILLINGNESS**

ACCEPTING CHARACTER DEFECTS  
EXACTLY AS THEY ARE AND BECOMING  
ENTIRELY WILLING TO LET THEM GO.

*Santé*  
CENTER FOR HEALING

12  
STEPS

## 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

### **June 23, 2023**

**TEA (Trauma Education Association) - 1 CE Hour**

11:30 AM - 1 PM CST, Via Zoom

"Coupled Recovery™: Comprehensive Healing from PSB and Betrayal"

Laney Knowlton, LMFT-S, CSAT, CPTT, CCPS, CMAT, IAT and Dr. Brian Martin, LMFT-S, LSOTP, CSAT, CPTT, CCPS, IAT

Click [here](#) to register

### **August 23-25, 2023**

**Maintaining Proper Boundaries Course - CME Hours**

Click [here](#) for more information and to register.

### **October 20-21, 2023**

**2023 Alumni Retreat**

Registration coming soon

### **October 25, 2023**

**5th Annual Spectrum of Sexuality Summit**

Registration coming 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/>

## 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.