



Long-Term Recovery Newsbites

www.santecenter.com

July 2021

800.258.4250

News & Media

Sam R. Slaton, MEd, LPC-S, MBA, MHSM, Santé's Chief Operating Officer, was interviewed for the "Ask the Expert" section of *Living Magazine*.

Click [here](#) or below to read the Q&A. Sam answers some common questions about seeking treatment.

About the Expert

"Sam has worn many hats since joining Santé Center for Healing in 2004, serving as director of intake and admissions, director of outpatient services, and as chief operating officer since 2015. He has a master of business administration degree, a master of science in health systems management degree, a master's in counseling, a bachelor's degree in psychology, and is a Licensed Professional Counselor Supervisor."



[Read the Q&A](#)

Upcoming Clinical CE Presentations

SIPER

Santé Institute for Professional Education and Research

Presents:

Continuing Education Events

July 26, 2021
12:00 p.m. - 1:00 p.m. CST
1 CE Hour

"Addressing Eating Disorders in the Substance Use Treatment Field"

Presented by:

Lena Sheffield, LMHC, CAP, MAC, CEDS



[Register Now](#)



To the families experiencing the damaging chaos, suffering, neglect and isolation accompanying trauma, addiction and mental illness, Santé Center for Healing says "no more shame, no more silence, and you are not alone."

Families and friends can contribute to their loved one's belief that recovery is possible because of and after residential treatment; outcomes improve when the family and community of friends are active in the recovery process. To the best of their ability, families and friends can support anything that leads to their loved one's hope, health, healing and recovery while holding boundaries for anything contrary to those goals.

Why Family Programming?

Addiction impacts everyone in the family unit. Santé truly believes that the family plays an integral part of addiction treatment. Santé's Family Programming has three main aspects.

- The first is a Family and Friends Support Group (virtual and on campus) offered three times/week in a format facilitating both education and peer support.
- The second is a more intimate, three-part Family Therapy Series limited to each family with a loved one in their first 30 days of Santé's residential treatment.
- The most personalized family session format is a two-day family intensive

customized to the patient and their family; this safe therapeutic environment prepares and guides crucial conversations and family healing.

All family programming experiences stress the important of self-care and supporting oneself while a loved one is in treatment as well as strengthening emotional bonds and communication within the family.

"Santé was a place that offered that hope and that process not only for my daughter who was going through treatment, but for her mother and I and even her brother, as they were helping us all understand the effects of trauma, the effects of addiction not only on that individual but on that family."

Rick whose daughter completed Santé's Residential, Intensive Outpatient and Transitional Living

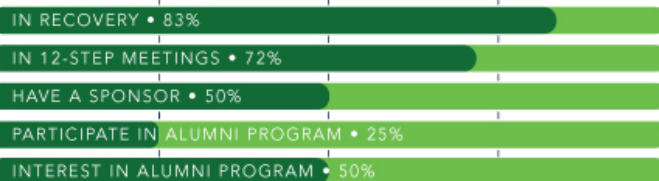
Read
More

Outcomes

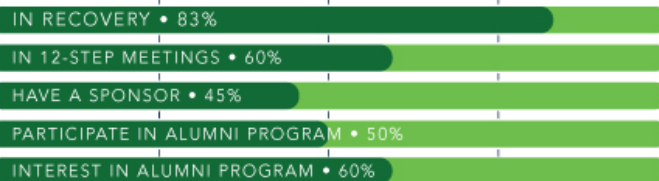
PATIENT FOLLOW-UP SURVEY: QUARTER 1, 2021

Santé Center for Healing measures patient satisfaction to provide top-tier patient care services, to measure staff & organization performance, & to improve patient 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.

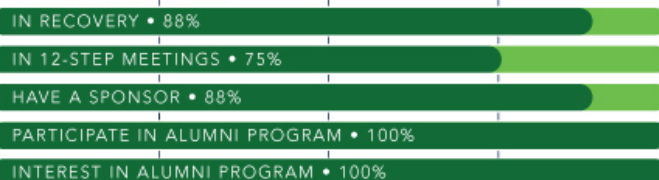
*60 DAY FOLLOW-UP:



*180 DAY FOLLOW-UP:



*365 DAY FOLLOW-UP:



ADDITIONAL COMMENTS:

*180 DAY FOLLOW-UP:

"I'm thankful for the tools I received at Santé."

*365 DAY FOLLOW-UP:

"It works if you work it."

"Thank you 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.

Grateful to remain sober in the midst of so much of what I perceive to be concentrated change and stress
- Kent D on 7/13/21

celebrating 90 days in recovery
- Sarah R on 6/21/21

Celebrating 90 days in recovery today
- Bart J on 6/30/21

Today I will focus on humility. I'm grateful for grace. I will let go of judgmental attitudes.
- Marcus F on 7/12/21

celebrating 5 months in recovery
- LaDana T on 6/18/21

Today I will remain grateful for what I have. I will look forward to my future and stop reflecting back on my past. Day 95!
- Nicole V on 7/12/21

Two years of sobriety today. Thank you Santé!
- Ryne H on 7/5/21

90 days today!
- Octavio G on 6/23/21

celebrating 21 days in recovery
- Andrew H on 6/14/21

7 months sober on June 18th. Amazing. I take it one day at a time. That allows me to wake up every day with my new life ahead of me. I'm really enjoying life on life's terms, comfortable in my own sober skin. A simple program of AA allows me to be happy joyous and free. For that I'm grateful.
- Mark G on 6/24/21

During the craziness of the last year this community of Santé Alumni has been a major part of my continued sobriety and recovery. I'm not saying I would have relapsed without this group but I am certain that being here helped me stay sober. Thanks to you all!
- Robert S on 6/14/21

I'm grateful to be able to do go school for a new career that I'm excited about and that will "hopefully" make a very comfortable living for my family and I when I'm done.
- Zac L on 6/29/21

I don't feel like I'm "doing time" by staying sober anymore. I try to give my time and share my experience, strength, and hope so that others might have access to what has been freely given to me...
- Brendan O on 6/22/21

Santé is honored to receive the 2021 Tops in Tarrant Medical Award in the category of "Addiction/Substance Abuse Care" as recognized by the readers of *Society Life* magazine.



Click [here](#) or below to see the "Tops in Healthcare" June issue.

[Read the Magazine](#)

Humility Helps

Step 7

"Humbly asked Him to remove our shortcomings."

Many of us have come to believe that being successful means being strong, independent individuals who are profoundly self-reliant. This type of thinking can lead to shame or guilt when we need to ask for help or to admit to shortcomings. An unintended consequence of this can be a barrier to self-growth. How can we overcome this barrier? Humility.

If we can use the same inward strength and humility during the process of Step 7 that was used to admit to being "powerless over alcohol – that our lives had become unmanageable (Step 1)," we will be able to face any shortcoming and problem that arises. "If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have."¹ We must be humble within ourselves and know when to seek help, in our recovery, responsibilities, and relationships. When asking a Higher Power to remove our shortcomings, we begin to let go and accept the flaws as small facts and not the totality of who we are. It is important to recognize and remove our shortcomings to continue to become the best individual we can be.

Humility is an equal opportunity, one we can all practice, whether in recovery and working the 12 Steps or not.

1. *Twelve Steps and Twelve Traditions*

Upcoming Events

July 26, 2021

SIPER CE Event - 1 CE Hour

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

"Addressing Eating Disorders in the Substance Use Treatment Field"

Presented by: Lena Sheffield, LMHC, CAP, MAC, CEDS
Click [here](#) to register

July 27, 2021

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

August 3, 2021

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

August 10, 2021

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

August 17, 2021

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

August 24, 2021

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

August 27, 2021

Trauma Education Association Monthly CE - 1 CE Hour

11:30 a.m. - 1:00 p.m. CST via Zoom

"A Multi-Dimensional Approach to Complex Trauma"

presented by Landon Dickeson, MS, LPC and Elizabeth Schutz, MA, LPC-Associate,

Supervised by Casey Christian MA, LPC-S

Click [here](#) to register

August 31, 2021

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

[*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/>

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*](#).

Take a Virtual Tour of Santé Center for Healing



Jesse Cordova
Regional Marketing
Coordinator
Denton Co., Tarrant
Co., W. TX
214.592.3799
jessec@santecenter.com



Hallie Young
Regional Marketing
Specialist
Dallas Co., Collin Co.,
E. TX
469.771.7880
halliey@santecenter.com



Eva Esquivel
Regional Marketing
Coordinator
Austin, San Antonio,
Houston, S. TX
512.839.6539
evae@santecenter.com



McKensy Coit
Regional Marketing
Coordinator
OK, AR, MO, KS
940.395.8311
mckensyc@santecenter.com



Elizabeth Bradshaw
National Marketing
Coordinator
West Coast, Central
US, East Coast
214.934.9377
elizabethb@santecenter.com



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.