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Long-Term Recovery Newsbites

www.santecenter.com

July 2023

800.258.4250

Upcoming Clinical CE Presentations

Santé is a proud sponsor of the Trauma Education Association



August 25, 2023

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

1 CE Hour via Zoom

"Nutrition & Trauma"

Presented by:

McKenzie Harris, RDN, LDN, CEDS

and

Tamara Allen Bush, LPC-S, NCC, CSAT



Presentation Objectives:

- Learn about Nutrition Philosophies and the science behind them, including:
 - Health at Every Size
 - Intuitive Eating

- Anti-Diet
- Joyful Movement
- All Foods Fit
- Discuss how these principles apply to the trauma patient population, professionals, and their loved ones.
- Learn to identify red flag signs and symptoms of disordered eating in a patient population

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

SIPER

Santé Institute for Professional Education and Research

September 15, 2023
11:30 a.m. - 1:00 p.m. CDT
1 CE Hour via Zoom

"Ask An Interventionist" - Panel Discussion

Presented by:

**David Baldwin, LPC, LCDC; Vickye Key, LCDC;
 Kayla Longino, LPC; John Patton, LCSW**



David Baldwin, LPC, LCDC



Vickye Key, LCDC



Kayla Longino, LPC



John Patton, LCSW

Presentation Overview:

1. What are the elements for a successful intervention?
2. What is the biggest challenge in making an intervention successful?
3. What does the initial call look like?

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

CE hours provided:

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- 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.

[Register Now](#)

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.



In active addiction, I often didn't appreciate things I had until they were gone. Today, I'm working on being present enough to appreciate and be grateful for everything I have.

– Brendan O on 7/21/23



90 days sober today. Feels incredible

– Jowin W on 7/8/23



...I am grateful for 40 days, my sponsor, Santé, my family and breath in my lungs.

– Rachele R on 7/13/23



600 days!!! Never thought I could make it this long!!!

– Jody L on 7/19/23



90 days today! – Brian C on 7/7/23



I'm thankful for today and realizing that the struggle is real. Celebrating 2 years and almost 2 months is unbelievable for me and I am grateful for it...

– Rev. Gary F on 7/14/23



Transitional Living

Santé's Transitional Living (TL) program provides a highly-structured, therapeutic apartment-style living for adult men and women, who are in search of additional daily living support while in the early stages of recovery. Several research studies by NIDA (National Institute on Drug Abuse) find that the longer an individual is involved in a continuum of care and receiving treatment, they have significantly better outcomes including decrease in relapse rates. As with the national trend, this program has also seen a rise in adult children who were previously living at home. Santé's TL residents receive the environmental, therapeutic and social support needed to meet goals and succeed.



Adam Karazuba, MSW, LCSW
Director of Clinical Services,
Residential and Outpatient

A recent Public Health Institute study showed that individuals in TL-type programs recorded lower incidences of drug use, arrests and harmful psychiatric symptoms, 18 months after leaving treatment. Results also showed that residents who stayed longer in this level of care were less likely to relapse as compared to those who did not stay long. As individuals continue to deepen their recovery, at this level of care, staff and residents alike identify and address missing life skills, including but not limited to: financial planning, budgeting, meal planning, educational guidance, career

development and life skills education. Employment, community service, 12 step work, and higher education and continuing education are important components for the Transitional Living Program.

In addition to a safe, chemical-free environment, TL residents experience: separate men's and women's programs; master's level therapist on site Monday - Saturday; daily group therapy and house meetings; random drug screens; 12-Step Recovery model; individual and group counseling; employment and volunteer opportunities; and more.

"As a treatment team, we're honored to help people new in recovery use Santé's Transitional Living as the foundation for the relationships, connections and decision making essential for sustained, long term recovery," says Santé's Director of Clinical Services, Adam Karazuba, MSW, LCSW.

Click the below button or call 940.464.7222 for additional information regarding our Transitional Living 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**

Dual Diagnosis Treatment

*1 in 3 PEOPLE

struggling with addiction
also have an
underlying serious
mental health condition.



We Can Help.



940.464.7222

SANTECENTER.COM

*According to the Centers for Disease Control

Santé is a dual diagnosis treatment center because we know that treating a person's substance use disorder at the same time as their mental health condition(s) will give them a higher success rate for long-term recovery. For more information call 940.464.7222.

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*

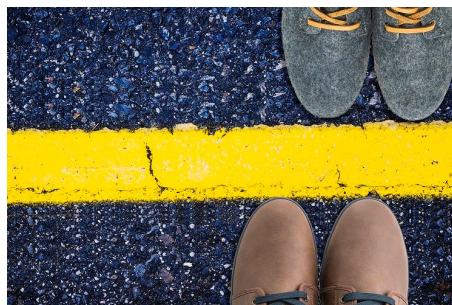


Maintaining Proper Boundaries

Continuing Medical Education Course

Next Course Offered: November 1-3 (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:

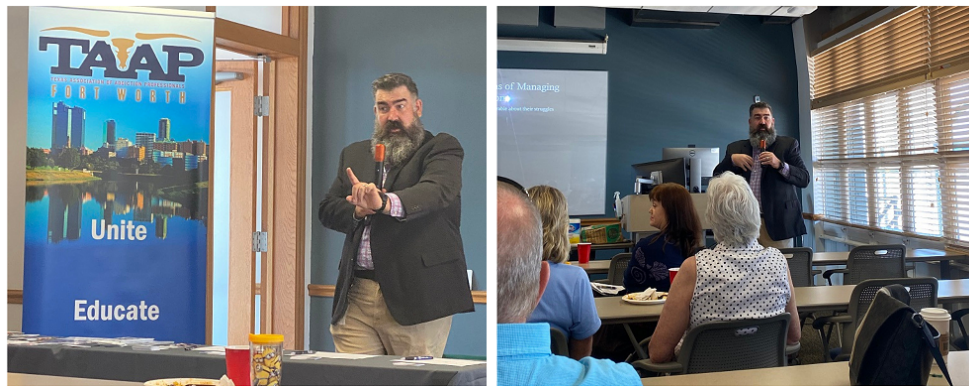
This course is recommended to any licensed healthcare professionals in safety sensitive positions who experience difficulty establishing and maintaining proper

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.

[Register Now](#)

Out And About



On June 28, 2023, Santé Residential Case Manager/Primary Therapist Josh Pitre, MSW, LCSW, EMDR Trained, CSAT Candidate presented "Sexual Addiction and Sexually Compulsive Behaviors" at the monthly Fort Worth TAAP meeting.

Upcoming Events

Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

August 25, 2023

TEA (Trauma Education Association) - 1 CE Hour

11:30 AM - 1 PM CDT, Via Zoom

"Nutrition & Trauma"

McKenzie Harris, RDN, LDN, CEDS and Tamara Allen Bush, LPC-S, NCC, CSAT

Click [here](#) to register

September 15, 2023

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

12 PM - 1 PM CDT, Via Zoom

"Ask An Interventionist" - Panel Discussion

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Click [here](#) to register

October 20-21, 2023

2023 Alumni Retreat

Registration coming soon

October 25, 2023

5th Annual Spectrum of Sexuality Summit

Registration coming soon

November 1-3, 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.