

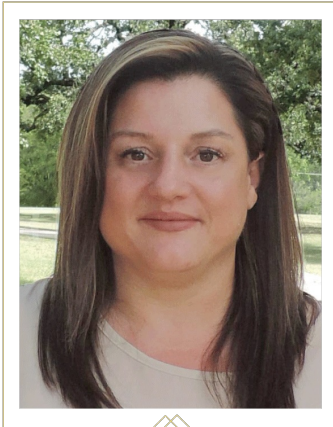


Long-Term Recovery Newsbites

www.santecenter.com

August 2020

800.258.4250



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Clinical Director

5 years at [Santé Center for Healing](http://www.santecenter.com)

Step 8

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

The 8th Step is about forgiving ourselves and others. It is not meant to punish us, it is meant to set us free from guilt, anxiety and build safe and satisfying personal relationships with self and others.

Very deep, sometimes quite forgotten, damaging emotional conflicts persist below the level of consciousness. — *Twelve Steps and Twelve Traditions*, pp. 79-80

Only through positive action can I remove the remains of guilt and shame brought on by alcohol. Throughout my misadventures when I drank, my friends would say, "Why are you doing this? You're only hurting yourself." Little did I know how true were those words. Although I harmed others, some of my behavior caused grave wounds to my soul. Step Eight provides me with a way of forgiving myself. I alleviate much of the hidden damage when I make my list of those I have hurt. In making amends, I free myself of burdens, thus contributing to my healing. - "Getting Well" from the book [Daily Reflections](#)

Women and Alcohol

Women are the fastest-growing segment of alcohol consumers in the United States, increasing the potential number of women who across their life span could develop negative health consequences related to alcohol consumption.¹

Alcohol misuse by anyone is a serious concern, however, women who drink have a higher risk of certain alcohol-related problems compared to men. It is vital that women are aware of these health risks and of the U.S. dietary guidelines, which recommend no more than 1 drink per day for women, as they make informed

decisions about alcohol use.²

Although men are more likely to drink alcohol and drink in larger amounts, gender differences in body structure and chemistry cause women to absorb more alcohol, and take longer to break it down and remove it from their bodies. What this means is that even when drinking the same amounts, women have higher alcohol levels in their blood than men, and the immediate effects of alcohol occur more quickly and last longer in women than men. These differences also make it more likely that drinking will cause long-term health problems in women than men.³

Drinking Levels among Women

- Approximately 46% of adult women report drinking alcohol in the last 30 days.³
- Approximately 12% of adult women report binge drinking 3 times a month, averaging 5 drinks per binge.³
- Most (90%) people who binge drink are not alcoholics or alcohol dependent.³
- About 2.5% of women and 4.5% of men met the diagnostic criteria for alcohol dependence in the past year.³

We know the prevalence of alcohol misuse among both women and men as 1 in 3 households are now impacted by addiction.⁴ If a client, family member or friend is struggling with alcohol misuse we are here to help.

“Santé was a pleasure, helped me grow as a person and realize my stressors and what actually caused me to become an alcoholic. Also learned how best I can cope with everything and find different avenues to deal with issues that’s not alcohol.” – 2018 Alumni

1. “Alcohol Research: Current Reviews,” Volume 40, Number 2, 2020
2. “Women and Alcohol” National Institute on Alcohol Abuse and Alcoholism. Retrieved from <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/women-and-alcohol>
3. “Excessive Alcohol Use and Risks to Women's Health” CDC. Retrieved from <https://bit.ly/3aQV8Y4>
4. FacingAddiction (now part of National Council on Alcohol & Drug Dependence)

Part 1 of 2. Next month - The reasons why women are drinking more than they ever have before.

Learn More About Our Addiction Treatment

Individual Therapy & Med Management

In addition to residential and intensive outpatient therapy, Santé also works with clients to improve their quality of life in a less-acute level of care. Santé’s outpatient therapy clinicians and medical providers are dedicated to helping individuals identify, adapt and effectively deal with life’s challenges – addiction, anger, trauma, life transitions, depression and grief.

Psychiatric services include:

- Psychiatric evaluations
- Psychiatric medication management

- Psychiatric therapy
- Telehealth options available

Nutritional services include:

- Nutritional counseling sessions with licensed dietitian who also specializes in eating disorders
- Telehealth options available

Mental Health and Substance Abuse services provided include:

- Individual therapy
- Family therapy
- Couples therapy
- Telehealth options available

This level of care is ideal for those whom time is not healing the way they thought it would. For those whose coping skills seem ineffective for what they're enduring. For those who feel stuck or have chronic, intense feelings impacting their life. For those frustrated with their behavior and choices and yet can't seem to change patterns. Outpatient therapy and med management provides clarity, guidance, support and the growth necessary to overcome and thrive through weekly, bi-weekly or monthly sessions.

"People who receive individual therapy report presenting symptom relief and an increased ability to successfully function in their lives. About 75 percent of people who enter psychotherapy show some benefit from it." American Psychological Association

Even with only weekly or monthly sessions, clients improve emotions and desired behaviors.

[Learn More](#)



EVERY DAY IS A
CHANCE FOR A NEW START.



Meditation Therapy for Depression

Many people struggling with mental health conditions find themselves wondering if

meditation therapy for depression works. While it is not an easy cure, it can provide many benefits for those struggling with severe depression. It can also be beneficial for those facing an additional problem with a substance use disorder. The following advantages can come from practicing meditation techniques:

Relieving Anxiety

Depression often co-exists with severe anxiety that interferes with many aspects of life. Meditation therapy can help a person learn to relax and comfort themselves during times of stress. As a result, people who learn these techniques often find that the severity of their depression and anxiety decreases over time.

Gaining Better Control of Emotions

Extreme mood swings can be a problem for those with substance use disorders and/or depression. The regular practice of meditation techniques can promote stable moods over a period. These techniques can also help teach an individual how to deal with stress healthily.

Fighting Self-Destructive Behaviors


Mental health issues, such as depression, often accompany problems with substance abuse. Those suffering from depression often try to self-medicate through the use of alcohol or drugs. Learning meditation therapy for depression during periods of stress may help reduce a person's tendency to participate in self-destructive behaviors.

Experiencing Greater Overall Satisfaction

Those who regularly engage in meditation therapy often report a higher degree of satisfaction with their life overall. They may experience happier relationships with others, greater success on the job, and many other benefits.

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

**Meditation Therapy for
Depression**



Upcoming Events

August 27, 2020

Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

September 1, 2020

Online All Inclusive Recovery Meeting at 9 PM CDT

September 3, 2020

Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

September 8, 2020

Online All Inclusive Recovery Meeting at 9 PM CDT

September 10, 2020

Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

September 15, 2020

Online All Inclusive Recovery Meeting at 9 PM CDT

September 17, 2020

Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

September 22, 2020

Online All Inclusive Recovery Meeting at 9 PM CDT

September 24, 2020

Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

September 25, 2020

South Texas iaedp Chapter Annual Symposium

Santé's Dietitian Laura Deane, MS, LD, RD is presenting

September 29, 2020

Online All Inclusive Recovery Meeting at 9 PM CDT

October 1, 2020

Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

October 6, 2020

Online All Inclusive Recovery Meeting at 9 PM CDT

October 8, 2020

Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

October 9, 2020

Legacy Event

Registration Coming Soon

October 13, 2020

Online All Inclusive Recovery Meeting at 9 PM CDT

October 15, 2020

Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

October 20, 2020

Online All Inclusive Recovery Meeting at 9 PM CDT

October 22, 2020

Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

October 24, 2020

Annual Alumni Retreat

October 27, 2020

Online All Inclusive Recovery Meeting at 9 PM CDT

October 29, 2020

Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

November 3, 2020

Online All Inclusive Recovery Meeting at 9 PM CDT

November 4-6, 2020

Maintaining Proper Boundaries

[Learn More](#)

November 5, 2020

Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

All dates are subject to change due to COVID-19. We will keep you updated.

[See More](#)



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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