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Long-Term Recovery Newsbites

www.santecenter.com

August 2021

800.258.4250

2021 Alumni Retreat

The last five years have changed life as we know it. So what will "the new normal" mean for you and your recovery?

About Amy Miller, MBA:
Born and raised in the DFW area.

meetings such as Alcoholics Anonymous and Narcotics Anonymous. They also practice social skills, support one another, and share their experiences.

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YOUR INVITE TO THE

2021 ALUMNI RETREAT

★ In these unprecedented times, we're all in this together. ★

SATURDAY
OCTOBER
23

Alumni Programming & Workshops (Virtual Only)
Saturday, Oct. 23, 2021 | 10 A.M.–6 P.M. (Adults Only)
Price: \$5 | Registration Required



Scan to register, or visit:
<https://bit.ly/alumni retreat2021>

For more info:
214-444-7365 or alumni@santecenter.com



This is...
where...
Santé...
alumni...
journe...
listen to...
and watch...
and get help...
from recovery experts.

The app is free and only available for Santé alumni. It works with iOS and Android devices. You can get it by texting SANTE to 30678. Get it today to find and give support to your fellow Santé alumni.

For more information regarding the retreat, please contact Amy Miller at 800.258.4250 ext. 290 or Nicole Miller at 800.258.4250 ext. 297. You can also send them an email at alumni@santecenter.com.

...always be a struggle...
...just around the corner...
...ende an opportunity to...
...another.

gather with other Santé alumni...
others have found inspiring and...
the healthy challenge, personal...
expect to gain fresh...
a life-long life-affirm...

Prioritizing the health and safety of our attendees, Santé's Annual Alumni Retreat will not take place in-person, but will be replaced with a series of virtual events.

Don't miss your opportunity to connect with Santé alumni and brush up on your recovery knowledge.

Join us for an exclusive experience as we explore the topics of recovery and mental health. The retreat provides opportunities to collaborate with Santé alumni and staff throughout the day.

Register by September 17, 2021 by 5 PM to receive your Santé sobriety coin!

[Register Now](#)

Santé Celebrates 25 Years of Healing

HELP SANTÉ CELEBRATE OUR 25TH ANNIVERSARY!

What to do:

Take a photo/selfie holding a 25!

How to do it:

If you'd like to participate email Alumni@santecenter.com. Amy Miller will mail you the 25 paper cutout to hold in the photo. Take the photo/selfie and then email it to Alumni@santecenter.com.*

Example:



It's a Contest!:

At the end of the year we will have a drawing for those who participate. Four winners will be drawn to win a \$25 gift card to Amazon, Target, Starbucks or Bed, Bath & Beyond!

Questions:

Contact Amy Miller at Alumni@santecenter.com or call/text 940.765.8911.

*By submitting your photo you acknowledge that it will be used on social media and in other internal and external communications, but using only your first name and last initial.

25

Alumni Recovery Meetings



Online
ALL INCLUSIVE
Recovery Meetings

Every Tuesday:
8 PM CDT
Zoom Meeting ID:
398 610 048



Mindfulness Meditation

What is Mindfulness Meditation?

It is a holistic way to help center yourself and reach a higher level of healing. One aspect of this type of meditation is overcoming the wanting mind. A wanting mind is one in which we want something to make us feel better or soothe the pain we feel (and often, it is not just physical pain but also emotional). In a wanting mindset, a person is always looking for

something more, expecting that the thing we seek will make us feel better. For those with drug or alcohol addiction, that “thing” is the substance of your choice. The



problem is, no matter how much you get, it's never enough.

Tips for using this techniques are:

- Be mindful about where you are and what you are doing, always
- Focus on your breathing instead of the anxiety building
- Work to improve compassion in your life
- Reorganize and clear your thoughts
- Be realistic about what's happening at that moment

Whether you're a professional trying to balance a stressful daily work life or an individual struggling to find their way, mindfulness meditation can be one of the best ways to refocus at that moment to bring yourself back to what's really happening. By learning to recognize your thought patterns, you can stop yourself from reaching towards substances to make the pain and "wanting" go away.

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

**Read the Full
Article**

Santé's Alumni App



*Join Santé's
Alumni
Community App*

How to get involved:

1. Download the app (works on Android and iOS devices).
2. Create an account.
3. Introduce yourself to the community.
4. Give support. Get support.

**Text
SANTE to
30678**

DON'T LET
YESTERDAY
TAKE UP TOO
MUCH OF
TODAY

- Will Rodgers

Santé
CENTER FOR HEALING

Forgiving Ourselves & Others



E. Avery Rowles, MA, LPC, CSAT
Clinical Director
7 years at [Santé Center for Healing](#)

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

Fellow Alumni

We love the relationship we have with our Alumni. It is an honor and joy to celebrate in your successes and to stand by you in hardships. Here is some of what you recently shared.

I'm thankful that I'm able to be counting the days until vacation. If I had not been willing to get help with my addiction, I would not still have a family to go on with vacation.

- Robert S on 8/10/21

118 days and counting. It feels great!!

- Bart J on 7/30/21

I'm grateful for 1,000 days of sobriety. Thank you family, friends, and Santé.

- Stephen W 7/20/21

7 days outside of Santé and sober as a rock! Would it be cheesy if I said "SOBRIETY ROCKS!!!!?"

- Chris O on 7/31/21

Today I celebrate 60 days sober. I have to thank Santé for helping me start this journey.

- Gary F on 7/17/21

Today is a huge anniversary for me today... Two years of sobriety thanks to Santé Center for Healing!

- Beau F on 7/22/21

I'm grateful I'm learning to honor and appreciate the process of transformation.

- Nicole V 8/7/21

So grateful for 9 HONEST months of sobriety

- Brendan O 8/6/21

Celebrating 120 days sober today!! Whoop whoop! Well not really celebrating, but grateful anyway.

- Octavio G on 7/24/21

Celebrating 1 year

- Todd G on 7/31/21

Best Rehabilitation Center



— best of —

PROSPER & CELINA

READERS' CHOICE

2020



— best of —

FLOWER MOUND

READERS' CHOICE

2021

VOTED BEST REHABILITATION CENTER



Addiction Recovery Continuum of Care:
Medical Detox • Residential • Intensive Outpatient
Transitional Living • Life-Long Alumni Support



★ 2020-2021 ★

RECOGNIZING EXCELLENCE



★ living ★

MEDICAL DIRECTOR
MELISSA PENNINGTON,
DO, ABAM, CEDS

PSYCHIATRIC NURSE PRACTITIONER
PREJI SOMAR,
MS, MSN, LPC, APRN
CARM-AP, PMHNP-BC

PSYCHIATRIC NURSE PRACTITIONER
DYKSTRA FREEMAN
MSN/RN, PMHNP-BC

*Providing long-term recovery to the
Dallas-Fort Worth metroplex since 1996.*



santecenter.com
940-464-7222

SANTÉ CENTER FOR HEALING MEDICAL PROVIDERS

Whether Medical Detox, Residential or Intensive Outpatient,
we're here for Addiction Recovery.

Santé is honored to receive the Best Rehabilitation Center in the 2021 Best Of Contest, as voted by the readers of the Flower Mound/Highland Village/Argyle edition of *Living Magazine*.

Click [here](#) or below to read the "Readers' Choice Best Of Showcase 2021" August issue.

[Read the Magazine](#)

Service Opportunities

THIS ISN'T ABOUT **ADDICTION** THIS IS ABOUT **RECOVERY**

RECOVERY

CARRY THIS MESSAGE TO OTHERS

In the spirit of the 12th step, help Santé carry the message of recovery to others. Scan the QR code or use the link to learn more about the alumni service opportunities available below. You can also use this form to submit ideas for service work.

ALUMNI ADVISORY BOARD

Alumni serves on planning and feedback committee for alumni-related activities throughout the year.

ALUMNI AMBASSADORS

Based on geography, these alumni will be a first contact for Santé residential patients returning home; willing to take new alumni to a meeting, be a temporary sponsor, etc. Also willing to talk to potential Santé patients and/or their families about the hope found in recovery.

ALUMNI NAVIGATORS

DFW-based alumni willing to drive Santé's residential patients and TL clients to local 12-step meetings, serve as a temporary sponsor, and/or speak in various events/panels.

ALUMNI 12-STEP CHAIRPERSONS

Local alumni who will bring and facilitate 12-step meetings on campus and/or host monthly meetings in the community.



SCAN OR USE LINK:

<http://bit.ly/carrythemessage>

Upcoming Events

August 31, 2021

International Overdose Awareness Day

Click [here](#) for more information

August 31, 2021

Online All Inclusive Recovery Meeting, 8 PM CDT, Zoom Meeting ID: 398 610 048

September 2-5, 2021

Lone Star Regional Service Office of Narcotics Anonymous

Click [here](#) for more information

September 4, 2021

SOS: Save our Serenity

Click [here](#) for more information

September 7, 2021

Online All Inclusive Recovery Meeting, 8 PM CDT, Zoom Meeting ID: 398 610 048

September 14, 2021

Online All Inclusive Recovery Meeting, 8 PM CDT, Zoom Meeting ID: 398 610 048

September 18, 2021

National Big Texas Rally for Recovery 2021

Click [here](#) for more information

September 21, 2021

Online All Inclusive Recovery Meeting, 8 PM CDT, Zoom Meeting ID: 398 610 048

September 25, 2021

Fort Worth TAAP's 2021 Recovery in the Park

Click [here](#) for more information

September 28, 2021

Online All Inclusive Recovery Meeting, 8 PM CDT, Zoom Meeting ID: 398 610 048

October 2, 2021

SOS: Save our Serenity

Click [here](#) for more information

October 5, 2021

Online All Inclusive Recovery Meeting, 8 PM CDT, Zoom Meeting ID: 398 610 048

October 12, 2021

Online All Inclusive Recovery Meeting, 8 PM CDT, Zoom Meeting ID: 398 610 048

October 19, 2021

Online All Inclusive Recovery Meeting, 8 PM CDT, Zoom Meeting ID: 398 610 048

October 23, 2021

2021 Alumni Retreat

Alumni Programming & Workshops (Virtual Only)

10 AM - 6 PM CDT, Zoom Meeting

Registration Fee - \$5

Click [here](#) to register

October 26, 2021

Online All Inclusive Recovery Meeting, 8 PM CDT, Zoom Meeting ID: 398 610 048



Share Your Story

Giving Meaning and Purpose to Your Pain

At Santé Center for Healing, we provide high quality programs through expert and dedicated staff, to inspire hope and support long-term recovery and changes for people affected by substance use and mental health conditions. We hope you and your family have found the skills necessary to live a life of wellness during your/your family member's time at Santé.

Through sharing your story, you can help inspire others to make the change. The outline [here](#) is just that--an outline. It may assist you in composing your thoughts. Feel free to answer all or just part of the questions. This is only a guide to assist you in re-telling your story. We are happy to edit and can provide a proof for you to review, once edits have been completed. With your permission, we would also like to take your photo to have on file with your story. Stories, videos, and photos may be used for a variety of projects such as: brochures, newsletters, social media, television, annual reports, presentations, etc. This is to prove that recovery works and is worth it! Thank you in advance for your willingness to share!

The six steps can help guide you in crafting your story in a succinct and powerful way. Examples are provided, but put things in your own words. We look forward to hearing

your story.

**Steps to Help You Share Your
Story**

Resources for Alumni, Families & Friends

Who To Contact if You Need Help

Santé Center for Healing Alumni Coordinator, Amy Miller

Call or Text: 940.765.8911

Join our daily inspirational text group by texting your
first name & last initial to the number above.

Santé Center for Healing Admissions Team

1.800.258.4250

(Available 24 Hours)

Alumni Facebook Group

Join us to find community support & event updates.



**View Comprehensive Resource
Guide**

Santé has an Instagram specifically for Alumni. Check it out by clicking below.

