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Long-Term Recovery Newsbites

www.santecenter.com

August 2023

800.258.4250

Ongoing Pursuit of Excellence & Knowledge

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

September 15, 2023

One great day with two amazing options!

SIPER CE and SASH Webinar - Details Below

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:

Texas Certification Board of Alcoholism and Drug Abuse Counselors Provider No. 1584-00

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Texas State Board of Examiners Marriage and Family No. 344

Therapists Texas State Board of Social Workers Examiners Provider No. 2974

NBCC ACEP Number: 7031

- 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](#)





• LIVE CE WEBINAR

SEXUALLY COMPULSIVE BEHAVIORS:

Managing Stigma &
Misconceptions in Clinical Practice

This presentation was created to explore the common misconceptions and sociocultural stigmas associated with sexually compulsive behavior, or sexual addiction.

[REGISTER NOW](#)

SEPT. 15 | 11 A.M. - 12 P.M.
Eastern Time

Presented by:
ASHLEY WHITTED, MS, LPC, CSAT
Residential Case Manager/Primary Therapist,
Santé Center for Healing



 **SASH** SOCIETY FOR THE
ADVANCEMENT OF
SEXUAL HEALTH

[Register Now](#)

**Subject Matter Expert & Thought
Leaders**



Santé's Director of Clinical Services Adam Karazuba, LCSW and Residential Case Manager/Primary Therapist Josh Pitre, MSW, LCSW, EMDR Trained, CSAT joined SASH for an episode of Conversations from the Couch.

Click [here](#) or below to learn about common misconceptions about Problematic Sexual Behavior and more.

Watch the Episode

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.

6 months of sobriety has brought so much happiness and freedom back to my life. Through service and the fellowship I've gained an understanding of what it means to be in recovery instead of just not drinking. Grateful is an understatement to describe the feelings I have towards Santé for guiding me in the right direction – this life is so amazing when you're in acceptance! Shout out to D-Lo and Shelley! – Brittany H on 8/7/23

1 Y 11 M 30 D
– Cristobal N on 8/14/23

10 months sober yesterday! Life still happens, and some days are better than others, but not bad enough to try and "fix"em like I used to
– Brent B on 7/9/23

Doing good, have a little over 7 months now!.. – Trey C on 8/10/23

80 days – Emma M on 8/20/23

Recovery Continuum: 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

Mental Health and Substance Abuse services provided include:

- Individual 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.

For any questions or for additional information, click on the button below or call 940.464.7222.

[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**

Investing in the Future



INFORMATION

SUBMISSION PERIOD: Sept. 5, 2023-Dec. 1, 2023
AWARD ANNOUNCEMENT: Dec. 8, 2023
AWARD DATE: Dec. 19, 2023

SUBMIT APPLICATIONS TO:

For the Rip Corley Scholarship: <https://tinyurl.com/2023scholar-rip>
For the Dr. Deb Corley Scholarship: <https://tinyurl.com/2023scholar-deb>
For the Sam Slaton Scholarship: <https://tinyurl.com/2023scholar-sam>

RIP CORLEY
SCHOLARSHIP



UNDERGRADS IN
RECOVERY

DR.
DEB CORLEY
SCHOLARSHIP



GRADS IN
MENTAL
HEALTH

SAM SLATON
SCHOLARSHIP



GRADS IN
HEALTHCARE
MANAGEMENT

SANTÉ CENTER FOR HEALING SCHOLARSHIPS

THE 3 COLLEGIATE SCHOLARSHIPS OFFERED

In recognition of three of Santé's legacy makers—co-founder Rip Corley, co-founder/co-owner Deb Corley & CEO Sam Slaton, we extend financial collegiate scholarships to students wishing to further & advance their education. To find out more about each of the scholarships' eligibility requirements & rules, please visit www.santescholarship.com.

Collegiate Scholarships Offered:

The [Rip Corley & Santé Center for Healing Scholarship](#) in memory of Santé's co-founder Rip Corley, LMSW, RN. This \$500 award will go to an individual in recovery from addiction for at least two years, having completed at least one year in college and pursuing an undergraduate degree from an accredited college and/or university.

The [Dr. Deb Corley & Santé Center for Healing Scholarship](#) in honor of Santé's co-founder/co-owner Dr. Deb Corley, PhD, LMFT, LCDC, LSOTP, CSAT, CMAT. This \$500 award will go to an individual pursuing a graduate degree towards work in the mental and behavioral health field. Eligible programs include: social work, psychology, nursing, counseling, marriage and family therapy.

The [Sam Slaton & Santé Center for Healing Scholarship](#) in celebration of Santé's CEO Sam Slaton, M.ED., LPC-S, MBA, MHSM for years of leadership. This \$500 award will go to an individual pursuing a graduate degree towards health care management. Eligible programs include: public health, healthcare administration, healthcare management, health systems management, health services administration, Healthcare MBA.

Important Dates for Santé's Scholarships:

- Submission period: September 5, 2023-December 1, 2023
- Award Announcement: December 8, 2023
- Award Date: December 19, 2023

Click [here](#) or the below button for eligibility requirements and other information.

Learn More

The BEST Rehabilitation Center

Santé is honored to receive the Best Rehabilitation Center – Alcohol/Drug in the 2023 Best Of Contest, as voted by the readers of *Living Magazine* in Flower Mound, Coppell and North Irving.

Click [here](#) or view all the 2023 Best Of Flower Mound Readers' Choice Winners and [here](#) to view all of the 2023 Best Of Coppell & North Irving Readers' Choice Winners.



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

Forgiving Ourselves & Others

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](#)

BROTHERLY LOVE

MADE A LIST OF ALL PERSONS WE HAD
HARMED, AND BECAME WILLING TO MAKE
AMENDS TO THEM ALL.



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

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

Click [here](#) to register

September 22, 2023

TEA (Trauma Education Association) - 1 CE Hour

11:30 AM - 1 PM CDT, Via Zoom

"Behavioral Manifestations of Trauma"

Kasey Shaw Salyer, LCSW-S, EMDR Therapist, and Approved Consultant

Registration Coming Soon

October 20-21, 2023

2023 Alumni Retreat

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

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.