



# Long-Term Recovery Newsbites

[www.santecenter.com](http://www.santecenter.com)

September 2020

800.258.4250

## LEGACIES START HERE



Over the past 24 years, Santé Center for Healing has built a legacy we are proud of. Join us for a day of education as we showcase a few of the wonderful clinicians that we've worked with through the years. The speakers are all current staff, former staff or alumni who are in the field. They helped us build our legacy and they have gone on to continue to build theirs.

### 6-hour CE Event

**Date/Time:** Friday, October 9, 2020, from 8:30 a.m. - 4:30 p.m. CDT

**Cost:** \$20

All proceeds from the event will go directly to [Twelfth Step Ministry](#) to support their building fund.

**Location:** Virtual Format Only - via Zoom

The presentations will only be available to view live on the day of the event and not by recording at a later time.

Continuing Education:

- 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
- Meets all requirements for the Oklahoma State Board of Behavioral Health Licensure
- NBCC ACEP Number: 7031

Register Now

## D CEO's 2020 Excellence in Healthcare Awards

Santé's CEO, Dennis Wade, MS, FACHE, has been named as a finalist in the *D CEO's* 2020 Excellence in Healthcare Awards program. He is a finalist in the Outstanding Healthcare Advocate category.

*D CEO* is recognizing individuals and organizations keeping North Texas Healthy, especially during a worldwide pandemic. This year, there were over 200 excellent nominations and we are proud Dennis was among the finalists named from them. Click [here](#) to read the entire *D Magazine* announcement.



For 21 years, Dennis has led the Santé staff in exemplary work as an organization helping patients achieve a strong foundation for their recovery, even during a pandemic. There is a continuous focus on exemplifying the values of Santé; his leadership makes Santé a place of healing and hope. With excellent communication, teamwork, and taking action through the lens of Santé principles and values, he and all the staff have been able to help get patients into the recovery process but also help them stay engaged in their treatment to achieve their therapeutic goals toward long-term recovery.

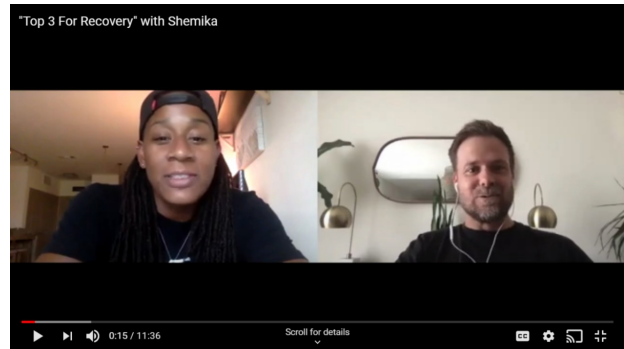
When asked what he loves about Santé, Dennis replies: **"To be able to deliver the highest quality of care to our patients for almost 25 years while maintaining the highest of standards through all of the ups and downs of the addiction treatment/mental health arena."**

Excellent treatment should not be rare, promoting recovery should not be overlooked, reducing stigma should not be hard, and showing compassion should not be uncomfortable. After more than four decades in the mental health industry and 21 years at Santé Center for Healing, Dennis Wade has done all of these things - quietly and without hesitation. When you meet Dennis, he will always direct your attention to the people working at Santé first as the reason for its longevity and the patients who commit to the hard word. We join *D CEO* in recognizing the incredible leadership Dennis has shown at Santé's helm in 2020 and all the preceding years.

# Our Alumni featured on Recovery Rockstars

Shemika B. graciously shared her story on "Top 3 for Recovery" with Recovery Rockstars. We are honored and privileged to walk alongside her on her recovery journey.

Click below to watch the interview and to hear what she shared.



[Watch "Top 3 For Recovery" with Shemika](#)

## Outcomes

### Patient Satisfaction Survey: Quarter 2, 2020

Residential patients are surveyed at discharge.

Those who responded "very" or "mostly satisfied" are:



\*Additional comments/suggestions:

"Facility has been consistent with treatment & staff has always gone above & beyond."



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# Maintaining Proper Boundaries

**Next Course Offered: November 4-6, 2020\***

**Note Regarding COVID-19:**

We plan to hold the November course in person and on our campus. Safety precautions will be in place to follow social distancing guidelines and to keep everyone healthy and safe. Those include: All participants will remain in the Welcome Center building for the entirety of the course; Masks will be required when walking from the car into the building and into the classroom (and anytime outside the classroom – to go to the bathroom, during breaks, to take a call, etc.); Temperature check upon arrival each day; and In the classroom, all participants will be intentionally spaced further apart.

**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.

**\*Space is limited**

[\*\*Register Now\*\*](#)



## Investing in the Future



## INFORMATION

SUBMISSION PERIOD: Sept. 14, 2020-Dec. 5, 2020  
AWARD ANNOUNCEMENT: Dec. 9, 2020  
AWARD DATE: Dec. 16, 2020

SUBMIT APPLICATIONS TO:

For the Rip Corley Scholarship: <http://bit.ly/santescholarrip>  
For the Dr. Deb Corley Scholarship: <http://bit.ly/santescholardeb>  
For the Dennis Wade Scholarship: <http://bit.ly/santescholaridennis>

RIP CORLEY  
SCHOLARSHIP



UNDERGRADS IN  
RECOVERY

DR.  
DEB CORLEY  
SCHOLARSHIP



GRADS IN  
MENTAL  
HEALTH

DENNIS WADE  
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 Dennis Wade, 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](http://www.santescholarship.com).

Learn  
More

## Staff Sentiments

Melissa Pennington, DO, ABAM, CEDS  
Medical Director



#### Step 9

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

### Knowing When to Speak

Step Nine is about an addict making amends to those they have hurt. It is difficult to know when or how to right our wrongs towards those we love and whether it will benefit or hurt them. It takes discipline and guidance from a sponsor to know when to make these amends, to whom we should make amends, and how much we should disclose when doing so. This step can cause anxiety and stress for many addicts. Those on the receiving end may not be receptive or ready to hear us out. Reaching out to a sponsor or mentor is a must in these situations. It takes courage to open ourselves up to the possibility of hurt or rejection. On the other hand, there is a freedom that comes with making a sincere apology and righting the wrongs that we inflicted during our active addiction.

### Removing Threats to Sobriety

Step Nine restores in me a feeling of belonging, not only to the human race but also to the everyday world. First, the Step makes me leave the safety of A.A., so that I may deal with non-A.A. people "out there," on their terms, not mine. It is a frightening but necessary action if I am to get back into life. Second, Step Nine allows me to remove threats to my sobriety by healing past relationships. Step Nine points the way to a more serene sobriety by letting me clear away past wreckage, lest it bring me down. - from the book *Daily Reflections*



**It can be overwhelming.**

**Take a deep breath.**

**We can take is one step at a time.**

Brianna Taylor, MS, NCC, LPC-INTERN, Assistant Director of Intake

## Women and Alcohol

### Why are Women Drinking More

The number of women drinking and how much they are drinking is higher than it has ever been before. A 2017 study sponsored by the National Institute on Alcohol Abuse and



Alcoholism revealed that from 2001 to 2013, the prevalence of alcohol use among women in the U.S. rose nearly 16%. And during the same time frame, the percentage of women who have four or more drinks on a given day on a weekly basis shot up 58%.<sup>1</sup>



Many women feel the stresses from parenting, helping elderly parents, career and financial pressure and, recently, the stresses surrounding the COVID 19 pandemic. Many of these stresses are not new to women, but the way drinking has become so intertwined to relaxing and normalized in general is.<sup>1</sup>

Click below to read the full article.

[Read the Full Article](#)

## Upcoming Events

### **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

[Register Here](#)

### **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](#).







**COME SEE US AT SANTÉ!**  
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