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## Long-Term Recovery Newsbites

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

September 2021

800.258.4250

## Upcoming Clinical CE Presentations

LEGACIES  
START  
HERE



Building a 25 year long-term recovery legacy one patient, one family, and one colleague at time.

Over the past 25 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 former or current staff. They helped us build our **legacy** and they have gone on to continue to build theirs.

**5 CE Hours**

**Date/Time:**

Friday, October 1, 2021 from 8:45 a.m. - 3:30 p.m. CST

**Cost:**

\$20

**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

**NBCC ACEP Number: 7031**

## Featured Speakers and Topics



**Amanda Esquivel, LPC, LCDC**

"No Blank Slates Here, I Am Very Much in the Room"



**Hannah Grossman Moran, MS, LPC,  
EMDR-t**

"EFT and EMDR: Interactions, Client Use, and Implementation"





**Nick Overbeck, LPC, LCDC,  
EMDR-Trained**

"Recovery and Mental Wellness For The  
Young Adult In A Post-Pandemic World"

**Gene Klassen, M.Ed., LPC, CSAT, EMDR**

"Addiction as a Learning  
Disorder: Understanding How the Brain  
Learns to Improve Addiction Treatment"

### Featured Speaker Panel



**Sam Slaton, M.ED., LPC-S, MBA, MHSM**

**E. Avery Rowles, MA, LPC, CSAT**

**Adam Karazuba, MSW, LMSW**

**Michelle Luttrell, MA, LMFT-S**

[Register Now](#)

# SIPER

Santé Institute for Professional  
Education and Research

Presents:

***Continuing Education Events***

**October 8, 2021**

**9:00 a.m. - 10:00 a.m. CST**

## "Shattering the Norm and Changing Lives with SET Therapy"

Presented by:  
Dana Shepard Cardwell, M.Ed., LPC,  
LCDC, EMDR certified, Life Coach, Yoga  
Teacher, Personal Trainer



[Register Here](#)

# Maintaining Proper Boundaries

**Next Course Offered: November 3-5, 2021 \***

**Maintaining Proper Boundaries**, is a 3-day Continuing Medical Education 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.

### Note Regarding COVID-19:

Participants will need to either provide proof of vaccination or take a rapid COVID-19 test and email the results to Santé the day prior to the course starting. Masks will be required at all times and all participants will be intentionally spaced further apart.

### What Attendees Have Shared

*"I wish there an was option for 5+ rating - very good presentation."*

*"It has given me insight into why I allowed this situation to occur. This course will allow me to prevent future such events"*

*"Very understanding and shows how much work I need to do on my self. (the light going on)"*



\*Space is limited

Register Here

# Investing in the Future



## INFORMATION

SUBMISSION PERIOD: Sept. 13, 2021-Dec. 6, 2021  
AWARD ANNOUNCEMENT: Dec. 10, 2021  
AWARD DATE: Dec. 21, 2021

### 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

# Warning Signs of Addiction

22.5 million people (8.5% of the U.S. population) aged 12 or older needed treatment for an illicit drug or alcohol use problem in 2014, according to the Substance Abuse and Mental Health Services (SAMHSA) National Survey on Drug Use and Health.

Substance abuse often leads to dependency or addiction. Addiction is a disease requiring professional help to heal and begin long-term recovery. Living in active addiction has medical, physical, relational, financial, legal, emotional, and even generational ramifications. Substance abuse treatment can help people get sober and learn life-long coping skills to prevent relapse.

For those who have a loved one struggling with drug or alcohol abuse, it is important to know the signs of substance abuse problems and how to best help the person in need. Here is a list of signs that someone might be struggling with addiction, and while some might be more internal, many can be seen by others<sup>1</sup>:

1. Appearing intoxicated more and more often
2. Developing problems with cognition and memory
3. Being lethargic, sleeping more, sleeping irregular hours, or appearing unwell/tired
4. Rapid weight loss/gain
5. Developing problems at work or school (losing a job or dropping out)
6. Attending social events only if drugs or alcohol are available; becoming intoxicated before the social event; or attending fewer social events
7. Stealing money or valuables to pay for drugs
8. Lying about the substance or about how much they are using
9. Becoming sad, angry, or lashing out when questioned about their substance use
10. Experiencing withdrawal symptoms when they are unable to use the drug
11. Neglected appearance and poor hygiene

When someone is showing the above signs of addiction, here is a list of questions to consider when determining if it's time to ask for help:

1. Have you tried to stop before on your own and been unable to?
2. Are you having withdrawal symptoms when you don't drink/use?
3. Have you tried a lower level of care and relapsed?
4. Is our use affecting your ability to function in relationships, work, school, etc.?
5. Are you continuing to drink/use despite consequences?

Noticing these warning signs and taking action can be the first step to helping someone struggling with addiction get their life back on track. Shelley D. Evans, M.ED., LPC, EMDR-Certified, Residential Case Manager at Santé Center for Healing says, [“When we are in trouble, we often isolate and don’t want to reach out for help due to shame and fear of judgment. It is important to know that at Santé we understand the cycle of addiction and the emotional impact. At Santé, our staff offers non-judgmental support and effective treatment in the context of a community offering acceptance and encouragement.”](#)

For those who love somebody in active addiction, Santé provides the community – at

no charge – a Family & Friends Support Group offered three times per week. Call 940-464-7222 for information on this support group offering.

1. **Mayo Clinic.** "Drug Addiction." Retrieved from <https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112>
2. **US News and World Report .** "How to Stage an Intervention." Retrieved from <https://health.usnews.com/wellness/family/articles/2016-12-05/how-to-stage-an-intervention>

THANKS  
THANKS  
THANKS  
THANKS

## SEPTEMBER IS RECOVERY MONTH

THANK YOU  
TO ALL WHO HAVE CHOSEN TO WORK  
WITH INDIVIDUALS IN ACTIVE ADDICTION!

## Alumni Support

Recovery is not something completed upon leaving a residential level of care program; it is an on-going process of learning and personal growth. Addiction, after all, is a chronic disease. To achieve long-term recovery it is imperative to stay connected. **This isn't about addiction. This is about recovery.**

Santé offers opportunities to apply recovery skills, give service, develop new habits, deepen recovery knowledge, live out relapse prevention, and heal past and current relationships while making new relationships based on the foundation of recovery. Lifelong Santé alumni programming involves, but is not limited to: personal follow-up support; alumni community app; private Facebook community; road trips; recovery-enhancing experiences; text affirmations; Alumni Advisory Board; Annual Alumni Retreat; service opportunities; entertainment-based outings and monthly alumni newsletter. The goal in long-term recovery, and the support and experiences need to achieve it one day at a time.

"Santé empowers to seek healing for healthy relationships and life that we want" – 2018 Alumni

"Thanks for hosting a great event!!! Always love catching up Santé peeps. Hope to see you again soon!" – Alumni after 2019 Houston Alumni Road Trip

Learn  
More

## 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.

“So blessed to have been there at the genesis of Santé and to have the Corley kids make such a tremendous impact on my Recovery life. Rip and Dr. Deb top my list of gratitude and undeserved grace.

25 years, absolutely wonderful the undeniably difference the crew of Santé has made in struggling addicts life.

Congratulations.”

- Chuck K on 8/20/21

I am grateful for my  
90th day sober  
- Gary F on 8/16/21

1000 days SOBER  
today!!!

- Kenny T on 8/22/21

9 months is awesome. Still growing spiritually.  
- Mark G on 8/24/21

I had a life changing experience at Santé Center! Excellent place with top notch case managers. I highly recommend this place. It will change your life!

- Brian T on 9/17/21

Sober 5 months today. From and including: Friday,  
March 26, 2021 to and including Wednesday,  
August 25, 2021

Result: 153 days

It is 153 days from the start date to the end date,  
end date included. Or 5 months including the  
end date.

Alternative time units 153 days can be converted  
to one of these units:

13,219,200 seconds

220,320 minutes

3,672 hours

153 days

21 weeks and 6 days

41.92% of 2021

- Octavio G on 8/26/21

“The other day I was going through some old boxes and came across all of the stuff I saved from my time at Santé. My life story; projects; relapse prevention packet; registration papers; hand written notes; extra materials given to me by several of the amazing interns...basically any and everything that is special to me. I thought it deserved a better place than an old box shoved in the attic. I had some extra faux leather and made this folio that now stays on my book shelf. A constant reminder of how much I loved my time at Santé and how even on my worst days, I know I can persevere. And, yes, it's about 4 inches thick.”  
- Ashley D G on 9/2/21

Knowing When to Speak





## **Melissa Pennington, DO, ABAM, CEDS**

Medical Director

With [Santé Center for Healing](#) since 2015

### **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*

## **Upcoming Events**

### **September 24, 2021**

**Trauma Education Association Monthly CE - 1 CE Hour**

11:30 a.m. - 1:00 p.m. CST via Zoom

"Fathers and Divorce"

C. "Luke" Gunnstaks, Counselor and Attorney at Law

Click [here](#) to register

### **September 28, 2021**

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

### **October 1, 2021**

**Legacy Event and 25th Anniversary Celebration - 5 CE Hours**

8:45 a.m. - 3:30 p.m. CST via Zoom

Click [here](#) to register

### **October 5, 2021**

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

**October 8, 2021**

**SIPER CE** - 1 CE Hour

9:00 a.m. - 10:00 a.m. CST via Zoom

"Shattering the Norm and Changing Lives with SET Therapy"

Dana Shepard Cardwell, M.Ed., LPC, LCDC, EMDR certified, Life Coach, Yoga Teacher, Personal Trainer

Click [here](#) to register

**October 12, 2021**

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

**October 19, 2021**

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

**October 22, 2021**

**Trauma Education Association Monthly CE** - 1 CE Hour

11:30 a.m. - 1:00 p.m. CST via Zoom

Registration coming soon

**October 23, 2021**

**Annual Alumni Retreat**

10:00 a.m. - 6:00 p.m. CST via Zoom

**October 26, 2021**

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

[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/>

## Connect 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\*](#).

**Take a Virtual Tour of Santé Center for Healing**



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