



Long-Term Recovery Newsbites

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Sam Slaton, M.Ed., LPC-S, MBA, MHSM

Chief Operating Officer

14 years at *Santé Center of Healing*

Spirituality and addiction treatment, is it necessary for one to have a Higher Power or to practice spirituality to get sober and have a lasting recovery? The short answer is no, one does not need a Higher Power and/or spirituality to have recovery from addiction. Studies show that incorporating spirituality into one's addiction treatment plan greatly increases the probability of having a lasting recovery from the disease of addiction, hence the reason why a majority of treatment

centers offer a 12 Step or spirituality component. Addiction robs us from experiencing the essence of life, the ability to experience true joy and happiness, the ability to have value in relationships, and the ability to have a spiritual connection, the ability to live free. Sobriety and ultimately recovery allows us the ability to connect spiritually, once the oppressive veil of addiction has been removed we can begin to seek what spirituality is and what role that can play in one's recovery.

Spirituality is not religion although they are commonly used as the same word; spirituality is choosing anything greater than yourself, like one's sobriety. Spirituality is a proactive journey of mindfulness, allowing us to connect to something greater than ourselves, it is a support, and ultimately spirituality can be the catalyst that allows us to truly feel and experience the joys of life

"The Issues Are In Our Tissues"



Can yoga therapy alone cure your addiction? No, it can't. However, it has the power to support evidence-based modalities that help you turn your life around. Here's how and why it works.

[Learn More](#)

Santé is the first rehab center to incorporate Yoga 12 Step Recovery, Y12SR, into its

curriculum, led by our very own alumni, Tyler K.

Mindful Transformation: Redefining Your Trauma

December 3–6, 2018



Traumatic events happen when we least expect it and they have a way of uncovering and exposing flaws that we never knew we had. After trauma, some individuals lose interest in doing things that once brought them pleasure.

[Read More](#)

Long-Term Recovery Contributor



Sarah Cosgrove

Business Office Director

15 years at [Santé Center of Healing](#)

Sarah has been with Santé Center for Healing for more than 15 years! She is a dedicated asset with her impact felt across all departments while serving as the Business Office Director. Her favorite role at Santé is reducing barriers to treatment. Outside of Santé, she enjoys spending time with family, including her granddaughter; Sarah is excited to meet her new grandson who is on the way! Sarah, we appreciate all the ways you contribute to our patients' long-term recovery!

[See Santé's Staff](#)

Happy Thanksgiving!



Santé's nutritionist and chef provide patients with home cooked meals made with top of the line ingredients for each individual's dietary needs. With the weather getting colder, our Dining Hall Nutrition Team has put together one of the best turkey chili recipes in Texas! It's a favorite here at Santé!

[Chili Recipe](#)

[Upcoming Events](#)

December 3-6

Intensive Workshop

Mindful Transformation: Redefining Your Trauma

[Learn More](#)

January 23-25, 2019

Institute for Connection and Recovery's CCRT-SLA-Part 2

January 28-31, 2019

Intensive Workshop

Free To Be Me: Rescuing Yourself from Codependency

[Learn More](#)

February 8th, 2019

3 Hour CEU Event at Santé Center for Healing- Stay Tuned

February 20-22, 2019

Maintaining Proper Boundaries Course

[See More](#)

Connect and Share



Your Santé stories, comments, and

Network Hot Spot



When you submit the ["Santé](#)

achievements not only inspire us, they
help us grow.



Connections" form, your information is accessible to Santé's admission and intake counselors, Aftercare Coordinator, and family therapists for referral purposes.

Thank you to The Honorable Jane Nelson, Texas State Senator, for the recent recognition acknowledging Santé's contributions to our community and the great State of Texas. [See Our Video](#)



Come See Us at Santé!

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