



Long-Term Recovery Newsbites

www.santecenter.com

November 2020

800.258.4250



WE ARE THANKFUL FOR YOU AND THE WORK WE
ARE HONORED TO DO EVERY DAY ALL YEAR LONG

A photograph of several black graduation caps flying through the air against a clear blue sky.

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.

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Our Alumni featured on Recovery Rockstars

Alumni Tyler D. graciously shared her story on "Top 3 for Recovery" with Recovery Rockstars. We are honored and

privileged to be a part of her recovery journey. Please note that Tyler discusses suicide and overdose in the interview.

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



Watch "Top 3 For Recovery" with Alumni
Tyler

SERENITY IS NOT FREEDOM
FROM THE STORM
BUT PEACE AMID THE STORM

Treatment During the Holidays

Deciding to go into treatment near and during the holidays can involve additional concerns and questions from you clients. Entering treatment is a huge step and can be very difficult for many people. We understand this and are sensitive to the extra worries the holiday season can bring.

Here are a few things we ask individuals considering treatment this time of year:

- Treatment is the safest place for someone who is in active addiction. There are additional stressors and triggers when it comes to the holidays that can exacerbate use and problematic behaviors. The stressors can be family dynamics, picture perfect expectations, and so much more. When already in crisis and active addiction, adding additional triggers will certainly not help.
- Depression and anxiety also spike around this time of year, further exacerbated by the isolation accompanying COVID in 2020.
- Addiction is a life-threatening disease; receiving treatment is the best way to ensure more holidays to come.
- Think about how the holidays went in past years. Addiction doesn't take a day off because it's Thanksgiving, Hanukkah, Christmas, etc. An individual's use will continue on and through the holidays. Though hard, look at the reality of the situation.
- In some situations, an individual in active addiction may have families who'd

prefer to experience the holidays addiction-free because of many of the reasons already mentioned. Don't spend the holiday alone; being in treatment can be the best place for recovery support if experiencing loneliness and isolation.

For additional information on treatment during the holidays call us at 800.258.4250 or 940.464.7222.

43 DAYS

AND COUNTING UNTIL...



Spirituality and Addiction Treatment

Step 11

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

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 that the disease of addiction had taken from us.



Family & Friends Support Group

Our Family & Friends Support Group is open to the community and is a two-part group. The first half of the session is psychoeducational with rotating topics. During the second half of the session, a staff-facilitated process group provides a space where loved ones ask questions and move from the education provided into the realities of how to implement. It's where family and friends find hope, share wisdom and cheer successes.

"The education is important... the support is priceless." – a 2016 alumni's sister

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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.

Managing Addiction During a Pandemic

The pandemic has changed a lot about daily life. It has layered on the pressure and stress while secluding many people from each other. That makes it very hard for a person to overcome the challenges they face with addiction. Managing addiction during pandemic conditions may seem impossible.



What Makes Managing Addiction During the Pandemic so Hard?

Recovery during pandemic conditions can seem much more challenging. There are various reasons for this. Click below to read the full article and about some of the things many people are experiencing today.

[Read the Full Article](#)

Upcoming Events

November 19, 2020

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

November 24, 2020

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

December 1, 2020

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

December 3, 2020

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

December 8, 2020

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

December 10, 2020

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

December 15, 2020

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

December 17, 2020

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

December 22, 2020

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

December 29, 2020

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

All dates are subject to change due to COVID-19. We will keep you updated.

[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/**](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/**](https://www.santecenter.com/continuum-of-care-flipbook/)

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](#).



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