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Long-Term Recovery Newsbites

www.santecenter.com

November 2021

800.258.4250

Happy
Thanksgiving

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

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.

Learn
More

Santé Celebrates 25 Years of Healing

Santé staff members have found different ways to celebrate our 25th Anniversary. Here are staff members touting our 25 year legacy - one that we all are proud and

honored to commemorate.



Our Alumni

We love our relationship with alumni and the relationship they have with each other. So many of our alumni stay connected to the program and continue to offer peer support and inspiration to one another with dialogue, humor and wisdom vulnerably shared. The topic of relapse and the realities of a chronic disease came up recently, and here is some of what our alumni had to say to encourage one another:

WHAT ADVICE WOULD YOU GIVE TO HELP SOMEONE BOUNCE BACK FROM RELAPSE?

“

Relapse was yesterday. Today is today. Let's just do today. Keep going! No need to look back. - Jordan L

”

“

Be gentle with yourself. If you shame yourself and keep thinking "why did I do that? I shouldn't have done that." it can lead to more destructive behaviors to cover up those feelings. - Jordan D

”

“

If you tripped and fell over a pothole, you wouldn't go all the way back home and start your walk over. Instead, wouldn't you just dust yourself off and keep on going? Slipping doesn't mean you have to start completely over. Actually, it means you learned yet another valuable lesson to add to the toolbox for the next temptation. Best advice I ever got in AA. - Beau F

”

“

Never waste a relapse. Learn where you went wrong. Pray, call your sponsor and go to a meeting, get a chip and move ahead. - Jim B

”

“

Be sure to share in a meeting your experience, strength and hope of your relapse. Early on, I paid close attention to the people who relapsed. Their stories always sunk in to me and I learned from their experiences. - Joe Don F

”

“

3 things I learned from my own relapse: 1. Guilt and shame are deadly so feel it, process it and keep moving forward. 2. A relapse doesn't take away all of the progress you've made (best advice I ever received because I beat myself up so bad at first). 3. The tools were still there, I just had to be willing to use them even when I didn't feel like it. - Casey E S

”

“

It takes what it takes. Get back on the horse and keep riding. - Nathan E

”

Outcomes

Santé Center for Healing measures patient satisfaction to provide top-tier patient care services to measure staff and organization performance and to improve the patient care experience. A self-report survey distributed to all alumni at 60, 180 and 365 days post-treatment at Santé. Results are based only on those that agreed to participate in the survey.

PATIENT FOLLOW-UP SURVEY: QUARTER 2, 2021

Santé Center for Healing measures patient satisfaction to provide top-tier patient care services, to measure staff & organization performance, & to improve patient care experience. A self-report survey distributed to all alumni at 60, 180 & 365 days post-treatment at Santé. Results are based only on those that agreed to participate in the survey.

*60 DAY FOLLOW-UP:

IN RECOVERY • 94%

IN 12-STEP MEETINGS • 61%

HAVE A SPONSOR • 59%

PARTICIPATE IN ALUMNI PROGRAM • 29%

INTEREST IN ALUMNI PROGRAM • 60%

*180 DAY FOLLOW-UP:

IN RECOVERY • 92%

IN 12-STEP MEETINGS • 77%

HAVE A SPONSOR • 69%

PARTICIPATE IN ALUMNI PROGRAM • 64%

INTEREST IN ALUMNI PROGRAM • 82%

*365 DAY FOLLOW-UP:

IN RECOVERY • 80%

IN 12-STEP MEETINGS • 47%

HAVE A SPONSOR • 33%

PARTICIPATE IN ALUMNI PROGRAM • 38%

INTEREST IN ALUMNI PROGRAM • 46%

ADDITIONAL COMMENTS:

*60 DAY FOLLOW-UP:

"This was the hardest & healthiest choice I ever made. I became so much more comfortable with being just myself. Accepting myself made all relationships (personal, work related, family, etc) so functional. I am so grateful... I have a good support system & a new attitude with how I view myself & self grace."

"Will have 5 months sober Sunday the 18th of April. Life is fantastic."

*365 DAY FOLLOW-UP:

"...I was able to benefit overall :)"

"I found help through medication-assisted therapy. I appreciate your help at Santé."



www.santecenter.com

940-464-7222
Toll-Free 800-258-4250

Community Impact

Santé Center for Healing made a commitment to improving the quality of life within our great community and impacting the world, with positive ripple effects for generations to come.

Santé engages in both charitable giving and volunteer involvement efforts within our community. We recently held a clothing drive on campus. We were able to donate clothing to Medical City Green Oaks Hospital and will be donating to the

Tarrant County Salvation Army and the Denton County Friends of the Family. More than 400 items were collected and will be distributed to these great organizations.

Pictured: Santé Marketing Specialist Hallie Young with two staff members with Medical City Green Oaks Hospital.



Our Alumni Featured on Recovery Rockstars

Alumni Pilar graciously shared her story on the Recovery Rockstars UNCUT podcast. Pilar is a medial industry executive who battled with alcoholism for a couple decades. We are honored and privileged to be a part of her recovery journey.

"Thank God I was at Santé when that happened [losing job]. I had the support I needed. The people around me, I had an amazing roommate and made so many good friends there and I'm still friends with so many of them. I was able to get through that." - Pilar

Click [here](#) or below to listen to the episode.



Listen to Recovery Rockstars UNCUT with Alumni Pilar

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.

Upcoming Events

November 16, 2021

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

November 23, 2021

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

November 30, 2021

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

December 3, 2021

Trauma Education Association

11:30 AM - 1 PM CST, Via Zoom, 1 CE Hour

“Change Work with Resilience, Intention, and Effectiveness” by Lace Watkins, Executive Director, Lace on Race Center for Racial Equity and Tamara Allen Bush, LPC-S, CSAT, NCC

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

December 7, 2021

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

December 14, 2021

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

December 21, 2021

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

December 28, 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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