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Long-Term Recovery Newsbites

www.santecenter.com

November 2022

800.258.4250



Upcoming Clinical CE Presentations

Santé is a proud sponsor of the Trauma Education Association



December 2, 2022
11:30 a.m. - 1:00 p.m. CST
1 CE Hour via Zoom

"Invisible Injuries: The Importance of Creating a Trauma Informed Culture in Therapy, the Workplace, and our Greater Community"

Speakers:



Kenna Stephenson, MD, FFAFP



Stephenie Nunn, LCSW-S, PRSS

Presentation Objectives:

1. Awareness and identification of patients impacted by traumatic events despite normal physical appearance.
2. Understanding the need for and potential modalities for creating places that are safe where trauma survivors may be vulnerable and connect with their Subconscious and Superconscious Mind. Dr. Stephenson will present her original research in Sandtray with Women Veterans severely impacted by trauma.
3. Identification of downstream effects of trauma at the cellular level, on neuro-endocrine physiological factors, and resulting behavioral and mental health vulnerabilities. Discussion of emerging research on the cross talk in immune and cardiovascular pathways initiated by trauma with inclusion of Case Studies featuring an in-depth discussion of patient evaluation, treatment and follow-up.

Click [here](#) or the button below for the speaker's bio and to register.

Register Now

SIPER

Santé Institute for Professional Education and Research

December 9, 2022
12:00 p.m. - 1:00 p.m. CST
1 CE Hour via Zoom

"Couples Struggling with Emotional Intimacy"

Speaker:



Shane Adamson. LCSW-S, EFT, CSAT

Presentation Objectives:

1. Share the most common habits that couples reflexively do that results in chronic disagreement and disconnection
2. We will use the A.R.E assessment to assess the level of emotional connection in your marriage
3. Review the 6 areas of intimacy challenge for 2022 and explore more deeply the area of emotional intimacy
4. Offer practical tools to deepen your emotional intimacy in your couple relationship.

Presentation Overview:

Dr. Sue Johnson is a leading expert on attachment theory and developed a therapy model called emotional focused therapy. Shane will introduce some of the interventions used in this couple's therapy model. The model provides a road map for love and how to recognize and avoid patterns that create distance as well as how

to develop habits that builds a more secure bond in a couple relationship. Shane has been practicing emotional focused therapy for nearly 15 years and half of his caseload consists of couples.

Click [here](#) or the button below for the speaker's bio and to register.

Register Now



Investing in the Future



INFORMATION

SUBMISSION PERIOD: Sept. 1, 2022-Dec. 5, 2022
AWARD ANNOUNCEMENT: Dec. 9, 2022
AWARD DATE: Dec. 21, 2022

SUBMIT APPLICATIONS TO:

For the Rip Corley Scholarship: <https://bit.ly/2022santescholarrip>
For the Dr. Deb Corley Scholarship: <https://bit.ly/2022santescholardeb>
For the Sam Slaton Scholarship: <https://bit.ly/2022santescholarsam>

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 Sam Slaton, 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.

RIP CORLEY
SCHOLARSHIP



UNDERGRADS IN
RECOVERY

DR.
DEB CORLEY
SCHOLARSHIP



GRADS IN
MENTAL
HEALTH

SAM SLATON
SCHOLARSHIP



GRADS IN
HEALTHCARE
MANAGEMENT

Collegiate Scholarships Offered:

The **Rip Corley & Santé Center for Healing Scholarship** in memory of Santé's co-founder Rip Corley, LMSW, RN. This \$500 award will go to an individual in recovery from addiction for at least two years, having completed at least one year in college and pursuing an undergraduate degree from an accredited college and/or university.

The **Dr. Deb Corley & Santé Center for Healing Scholarship** in honor of Santé's co-founder/co-owner Dr. Deb Corley, PhD, LMFT, LCDC, LSOTP, CSAT, CMAT. This \$500 award will go to an individual pursuing a graduate degree towards work in the mental and behavioral health field. Eligible programs include: social work, psychology, nursing, counseling, marriage and family therapy.

The [Sam Slaton & Santé Center for Healing Scholarship](#) in celebration of Santé's CEO Sam Slaton, M.ED., LPC-S, MBA, MHSM for years of leadership. This \$500 award will go to an individual pursuing a graduate degree towards health care management. Eligible programs include: public health, healthcare administration, healthcare management, health systems management, health services administration, Healthcare MBA.

Important Dates for Santé's Scholarships:

- **Submission period: September 1, 2022-December 5, 2022**
- **Award Announcement: December 9, 2022**
- **Award Date: December 21, 2022**

Click [here](#) or the below button for eligibility requirements and other information.

**Learn
More**

Corley Research Grant

Corley Research Grant Now Accepting Applications



The Society for the Advancement of Sexual Health (SASH) is dedicated to fostering scientific inquiry that helps advance our knowledge, understanding and treatment of problematic sexual behavior (e.g., sexual addiction, compulsive sexual behavior) and sexual health. In order to promote new investigators SASH created the Corley Research Grant currently funded by the Santé Center for Healing.

Are you looking for a way to fund your research?

The award will provide ONE (1) new investigator with:

1. \$1000 towards an ongoing or new research project related to sexual addiction
2. \$500 travel allowance to attend the SASH annual conference
3. A waiver of the registration fee to the SASH annual conference
4. Mentorship by a senior SASH advisor on content, process, presentation and publication on the project

Deadline February 1, 2023

**For More Information and to
Apply**

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. Santé recently partnered with UP Ministry to help feed local kids struggling with food insecurity through their "Fuel UP" program. Their program serves over 220 area kids each week through the distribution of meal packs. We were able to collect and sort a whole week's worth of packs, plus extra food.

Both Santé staff and alumni helped with the project.



Residential Treatment Program

In a residential treatment program, individuals can finally get the help they need to recover. Many people feel guilty or ashamed of their addiction. These negative feelings make it harder for the person to realize that they need help. Through the right support, individuals can finally get the care they need.

Whether entering with substance use disorders, trauma, problematic sexual behavior,

eating disorders or dual diagnosis, individuals who begin the residential level of care will individually and collectively interact with Santé's exemplary, tenured staff of psychiatrists, addictionologists, psychologists, psychiatric nurse practitioners, certified addiction nurses, licensed dietitians, and masters level therapists who have additional credentialing and certifications in EMDR, CSAT, ACT, DBT, CBT, EFT, motivational interviewing, shame resiliency, psychodrama, relapse prevention and grief and loss.

Individualized treatment plans are customized throughout this level of care that involves: simultaneous treatment of dual diagnosis, individual therapy, group therapy, education, accountability, 12 step introduction, EMDR, neurofeedback, shame resiliency, experiential therapy including high and low ropes course, nutritional counseling, medication management, yoga, gender-specific groups and relapse prevention planning. Idea is to identify and work through the core-level issue underneath the substance use, problematic sexual behavior, disordered eating, and other compulsive behaviors. In this level of care, clients and their treatment teams identify the underlying causes of the addiction and how they can achieve long-term recovery.

"It gave me a new perspective to what is important in life. It allowed me to 'disconnect' from the chaos I was in or had created and to work on my recovery without distractions."- Lisa, Alumnus

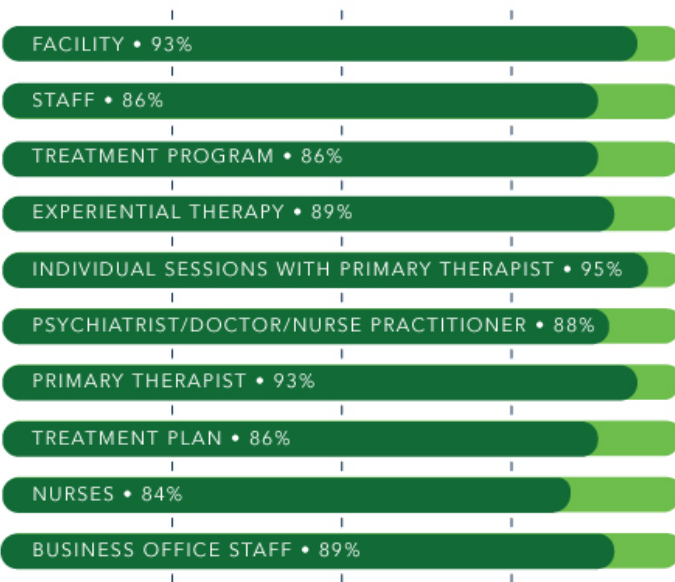
**Learn
More**

Outcomes

Santé Center for Healing measures client satisfaction to provide top-tier client care services, measure staff and organization performance, and improve client care experience. Residential clients are asked to take a survey at discharge. Results are based only on those that agreed to participate. Those who responded "very" or "mostly satisfied" are: (click [here](#) or see below image)

CLIENT SATISFACTION SURVEY: QUARTER 2, 2022

Santé Center for Healing measures client satisfaction to provide top-tier client care services, measure staff & organization performance, & improve client care experience. Residential clients are asked to take a survey at discharge. Results are based only on those that agreed to participate. Those who responded "very" or "mostly satisfied" are:



ADDITIONAL COMMENTS:

- **Overall Impression**
 - o "Treatment plan & groups were great."
 - o "My CM is amazing.... The dining staff did their best to accommodate me. They are very kind & thoughtful."
 - o "Santé has been a life saver. I am very satisfied with the entire program, staff, treatment team & community."
 - o "Very good therapist/case manager. Outstanding care by nursing staff."
- **Staff Members**
 - o "Some of the tech staff are amazing, Felicia, Roxanne, Danielle, Jordan, Blake, Shelia, Suzy, Brittany (nurse), Hunter, Lynn are all great! Christina is too."
 - o "Unit Coordinator, Danielle, is amazing & would get a 10 out of 5."
 - o "Craig (Nurse) is amazing. He truly cares & is concerned. Tara NP is thorough & knowledgeable. Really like her! Amanda at intake is top notch w/ communication & Willow is great! Awesome service to have!"
- **How would you summarize your experience at Santé?**
 - o "Santé has provided me with a solid foundation that I've been able to build upon & this gives me confidence that I can do this."
 - o "The therapeutic aspects are top notch. The clinical staff is incredibly caring & attentive. I am getting what I need to continue recovery outside of Santé. It works!"
 - o "Overall a positive experience. Jenny & the culture of the community have been very helpful. I hope that I've been given all the tools I'll need to remain alcohol-free after leaving Santé."
 - o "Excellent staff & program. Case Manager, Sam, was very beneficial to my recovery."
 - o "Excellent experience! I love Santé! Ashley Whitted is why I stayed the whole treatment, she is a true treasure."
 - o "Santé gave me my life back."



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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.



Celebrating 4 months in recovery. It's been a struggle but I am making it each day. Thankful for my support system I have in place. - Casey B on 10/18/22



The therapeutic aspects are top notch. The clinical staff is incredibly caring and attentive. I am getting what I need to continue recovery outside of Santé. It works! - Alumni on survey



A year ago today I was starting my recovery journey at Santé. I'm so grateful for this past yr and my sobriety! - Rhiannon M on 11/3/22



I am grateful for sobriety, for the awakening, to the awareness of what addiction has truly robbed me of in my life. Which is living in reality, within my feelings, living with dignity and not driven by codependency. While I was robbed of relationships of loved ones that have since passed on, I have the choice today in my sobriety to live for a purpose and for reason. To live for and desire the relationships today to be present and emotionally available! Thank you for each of you that played a part in my recovery! The gift of recovery is a new life! - Ben R on 10/31/22



So grateful for 2 years sober! Thank you, Santé Center for Healing, for planning the seed of sobriety in me! - Brendan O on 11/7/22



My time at Santé can be summarized as a time to recreate myself. When I came here, I knew didn't want to return to my family the person I was. Every class, group, therapy session, outside sitting group talk, meal talk, and person helped me do that. While I haven't completed my time here yet, I have faith I can determine who I want to be before my time is over.
- Alumni on survey



I'm thankful for this app and remembering that I am still a baby in recovery but still f___ IN RECOVERY FOR ALMOST 9 MONTHS! And this was for real this time. I uncovered EVERYTHING that needed to be healed, changed or tossed/replaced.
- Carrie T on 10/15/22



Spirituality and Recovery

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

Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

December 2, 2022

Trauma Education Association - 1 CE Hour

11:30 AM - 1 PM CST, Via Zoom

"Invisible Injuries: The Importance of Creating a Trauma Informed Culture in Therapy, the Workplace, and our Greater Community"

Kenna Stephenson MD, FAAFP and Stephenie Nunn, LCSW-S, PRSS

Click [here](#) to register

December 9, 2022

SIPER (Santé Institute for Professional Education and Research) - 1 CE Hour

12 PM - 1 PM CST, Via Zoom

"Couples Struggling with Emotional Intimacy"

Shane Adamson LCSW-S, EFT, CSAT

Click [here](#) to register

[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/>

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



Elizabeth Bradshaw
National Marketing
Coordinator
West Coast, Central
US, East Coast
214.934.9377
elizabethb@santecenter.com



McKensey Coit
Regional Marketing
Coordinator
OK, AR, MO, KS
940.395.8311
mckenseyc@santecenter.com



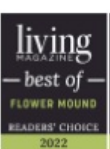
Jesse Cordova
Regional Marketing
Coordinator
Denton Co., Tarrant
Co., W. TX
214.592.3799
jessec@santecenter.com



Shanea Couch, MS
Regional Marketing
Coordinator
Austin, San Antonio,
Houston, S. TX
512.839.6539
shaneac@santecenter.com



Paul M. Scott, Jr.
Regional Marketing
Coordinator
Dallas Co., Collin Co.,
E. TX
469.771.7880
pauls@santecenter.com





Santé Center for Healing has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7031. Programs that do not qualify for NBCC credit are clearly identified. Santé Center for Healing is solely responsible for all aspects of the programs.

