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Long-Term Recovery Newsbites

www.santecenter.com

November 2023

800.258.4250

Happy THANKSGIVING SEASON

**We are thankful for you and the work we
are honored to do alongside you each
and every day all year long**



**Ongoing Pursuit of Excellence &
Knowledge**

SIPER

Santé Institute for Professional Education and Research



15
NOV.



12:00–1:00
P.M. P.M.

CDT

1 CE Hour via Zoom

FEATURED SPEAKER:

Caroline Watson Kobylinski, MA, LPC,
LCDC, EMDR Certified



FEATURED PRESENTATION:

“Relationships in Recovery”

PRESENTATION OVERVIEW:

- Define relationships within the context of recovery
- Different factors that drive healthy and unhealthy relationships in recovery
- The cycle of insanity that goes with unhealthy relationships
- Collaborative solutions for clients and therapists to engage in healthy relationships

CE hours provided:

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

- A majority of the licensing boards in the United States accept NBCC credit; however, as rules and regulations sometimes change without much notice, it is ultimately your own responsibility for interpreting your state's laws, board rules, course relevancy and all requirement for your state.

[Register Now](#)

Investing in the Future



INFORMATION

SUBMISSION PERIOD: Sept. 5, 2023–Dec. 1, 2023
AWARD ANNOUNCEMENT: Dec. 8, 2023
AWARD DATE: Dec. 19, 2023

SUBMIT APPLICATIONS TO:

For the Rip Corley Scholarship: <https://tinyurl.com/2023scholar-rip>
For the Dr. Deb Corley Scholarship: <https://tinyurl.com/2023scholar-deb>
For the Sam Slaton Scholarship: <https://tinyurl.com/2023scholar-sam>

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 5, 2023-December 1, 2023
- Award Announcement: December 8, 2023
- Award Date: December 19, 2023

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

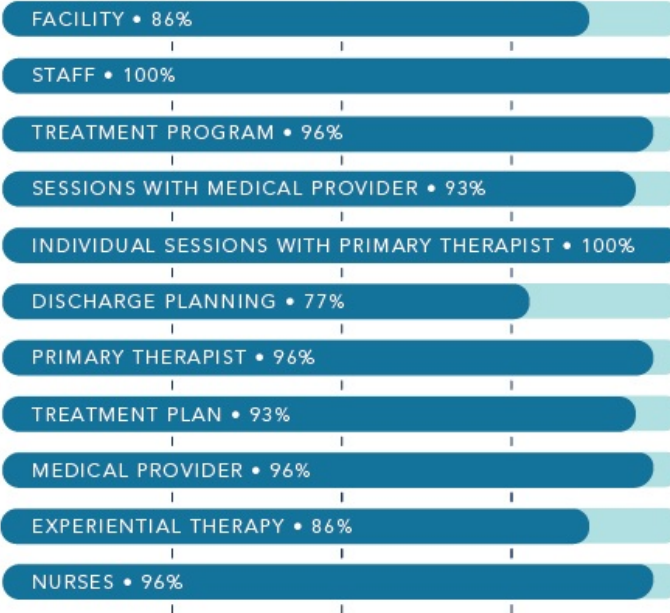
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Outcomes

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 1, 2023

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 "Love that place... had a great 81 days."
 - o "Nice facility, helpful staff, rigorous treatment program, delicious food."
 - o "Our family therapist was very nice, very engaging, very insightful & helpful."
- **Staff Members**
 - o "Service was great...loved my case manager, Jenny."
 - o "Sheila, Cedric, Martin & all the nursing & tech staff were outstanding. Dr. Preji was great. Business office staff were helpful."
 - o "Craig needs a raise...Delores needs a raise."
 - o "Amanda G is the MVP for CM (case managers/primary therapist)."
 - o "Jackie was amazing."
 - o "Good CM, Jenny."
- **How would you summarize your experience at Santé?**
 - o "I felt like I was receiving top quality state-of-the-art treatment that addressed exactly what I needed. I felt my treatment program was tailored to me & not just a cookbook approach."
 - o "Everyone is top notch from the director to the CM's to the nursing & tech staff & all support staff. Santé is well-staffed & well-run."
 - o "My CM gave me unique assignments that challenged me emotionally & got to the root of my issues. I enjoyed the balance of intensity with fun."
 - o "Best rehab that I have been to. (Two previous)."
 - o "4 words!! I AM ME AGAIN!"
 - o "Great experience, the EMDR was extremely helpful in dealing with trauma & Shelley was very honest & firm with me, which I really needed. I enjoyed relearning how to socialize as my addiction kept me in isolation for a long time..."



www.santecenter.com

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

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.

Levels of Care

YOUR JOURNEY TO RECOVERY BEGINS

Professional Assessments

Medical Detox

Residential

Intensive Outpatient

Transitional Living

Family Programming

Indiv. Therapy & Med. Mngmt

Alumni Support

OUR GOAL IS LONG-TERM RECOVERY

Medical Detox

Often Santé's first level of programming for our clients, our on-site medical detox is staffed by the medical team. They are trained in helping clients cope with the symptoms of early drug or alcohol abstinence. Santé's medical experts understand how withdrawal works and why it's so dangerous when individuals think they can do it alone. Without medical assistance and oversight, the symptoms are unpleasant and could even be life

threatening. Santé's compassionate professionals help to reduce withdrawal symptoms such as anxiety, aches and pains, cold sweats, cravings, insomnia and restlessness. The medical team monitors vitals, perform withdrawal assessments, and provides general medical care. Medicines may be given to make symptoms less severe and decrease the risk for complications.

Why Medical Detox?

Getting sober is easier than staying sober. Santé's detox is a natural transition into residential level of care where clients come to realize alcohol and other drugs are only a symptom of underlying problem or issues. Detox is an early step in assisting clients to recognize why they initiated substance use and what their life's possibilities are in long-term recovery.

Please click [here](#) or the below button or call 1.800.258.4250 for additional information.

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.



...I really am grateful for the tools I have learned and the actions I now know how to take...
Thanks to my time on the hill [at Santé]... – Moshe F on 9/19/23



Twenty days. Twenty days. Looking forward to 20 more – Ryan D on 10/28/23



5 years. In some ways it seems like forever. Every day a new step forward. In other ways it seems like yesterday I was in this small, cold room detoxing and my mind racing with so many different thoughts. Thank you Santé for helping me get on the path of being healthy! True love for what y'all did for me and are doing for others. – Stephen W on 10/25/23

I'm beyond thankful to everyone who's helped me in my recovery journey. 10 months babyyyy! I've never made it this long without ANY mind-altering substances, it's definitely been a battle but every day I get the opportunity to continue to heal myself and my relationships with others, and for that I'm extremely grateful. I'm so grateful for everything I've gained in recovery.
– Tory C on 10/25/23



23 months HOLY COW!!!
– Jody L on 10/26/23



I'm grateful to work at a place that facilitates, encourages, and makes recovery possible. Santé introduced me to recovery 10 years ago and today I am part of the Santé team. I never would've imagined I'd be where I am today 10 years ago. – Brendan O on 10/19/23



Grateful girl. 4 months today.
– Rachele R on 10/3/23



Alumni Retreat



Thank you for encouraging your Santé alumni to attend the Annual Alumni Weekend Retreat. This annual retreat offers alumni from all over the country the return to Santé for renewal, opportunity to reconnect with each other and recommit as needed to their recovery.

The picture above is from our October 20th Friday night dinner, an event with alumni speakers, entertainment, chip distribution and more. Saturday morning, the 21st, was service work at *Thrifty It* (where proceeds benefit those who cannot afford treatment). Saturday afternoon focused on recovery strengthening workshops back on campus, and Saturday night was filled with opportunities to share experience, strength and hope with current residential patients.

Santé's Alumni app provides daily affirmations and a platform for affirmations and recovery strength, the support group meets weekly, service and fellowship opportunities are offered quarterly... but we always love the Annual Alumni Weekend Retreat!

The next Annual Alumni Weekend Retreat is scheduled for October 18 & 19, 2024.

Upcoming Events

Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

November 15, 2023

SIPER (Santé Institute for Professional Education and Research) - 1 CE Hour
12 PM - 1 PM CST, Via Zoom

"Relationships in Recovery"

Caroline Watson Kobylinski, MA, LPC, LCDC, EMDR Certified

Click [here](#) to register

December 8, 2023

TEA (Trauma Education Association) - 3 Ethics CE Hours

11:30 AM - 3 PM CDT, Via Zoom

Michael H. Flynn, JD, PHD and Tamara Allen Bush, LPC-S, NCC, CSAT

More information and registration coming soon

[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

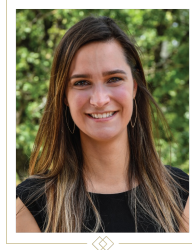
Santé provides quality care and programs for long-term recovery. If there is anything we

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](#).

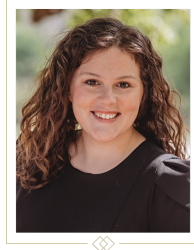
Take a Virtual Tour of Santé Center for Healing



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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.

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