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Long-Term Recovery Newsbites

www.santecenter.com

December 2022

800.258.4250



FROM THE SANTÉ FAMILY

Maintaining Proper Boundaries

Continuing Medical Education Course

Next Course Offered: February 8-10* (In-Person Course)

Maintaining Proper Boundaries, is a 3-day training course providing self-assessment, knowledge, awareness, skills, applicable tools and prevention strategies to healthcare professionals with difficulty maintaining proper boundaries with patients, colleagues and/or staff.



Who Should Attend:

This course is recommended to any licensed healthcare professionals in safety sensitive positions who experience difficulty establishing and maintaining proper boundaries. Hospitals, health systems, professional peer health programs may refer health care practitioners:

- as a preventative measure for continuing medical education specialized for healthcare professionals'
- as a behavior intervention
- or as an adjunct to a relapse prevention plan. Self-referrals are welcome.

***Space is limited**

[Register Now](#)

Upcoming Clinical CE Presentations

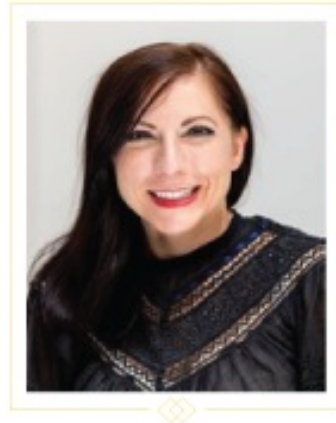
Santé is a proud sponsor of the Trauma Education Association



January 27, 2023
11:30 a.m. - 1:00 p.m. CST
1 CE Hour via Zoom

**"Working with Survivors of Trafficking:
Addressing a Public Health Problem"**

Presented by:
Elizabeth Schutz, MA, LPC, EMDR Trained



Presentation Objectives:

1. Understand the epidemiology of human trafficking
2. Assessment and client presentation
3. Clinical Implications for treatment

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

Register Now

PLEASE REMEMBER

Our Intake Team is
available 24/7 to talk,
assess prospective clients
and admit residential
clients. Call 940-464-7222.

Investing in the Future

Collegiate Scholarship Recipients Announced

Santé is proud to announce the recipients of The Dr. Deb Corley & Santé Center for Healing Scholarship and The Rip Corley & Santé Center for Healing Scholarship.

The Dr. Deb Corley & Santé Center for Healing Scholarship is in honor of Santé's co-founder/co-owner Dr. Deb Corley, PhD, LMFT, LCDC, LSOTP, CSAT, CMAT. This is going to an individual pursuing a graduate degree towards work in the mental and behavioral health field.

The Rip Corley & Santé Center for Healing Scholarship in memory of Santé's co-founder Rip Corley, LMSW, RN. This is going to two individuals 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.

"We offer these collegiate scholarships with the desire to assist individuals who are working to further their education. Helping collegiates specifically wanting to pursue a degree in these important fields aligns with Santé's core values," says Santé's Chief Executive Officer Sam Slaton, M.ED., LPC-S, MBA, MHSM. "Providing assistance to those entering this field is a privilege."

The Dr. Deb Corley & Santé Center for Healing Scholarship
Brittany David, College of William and Mary

The Rip Corley & Santé Center for Healing Scholarship
Mason Collie, University of Houston
Carey Price, Weatherford College

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

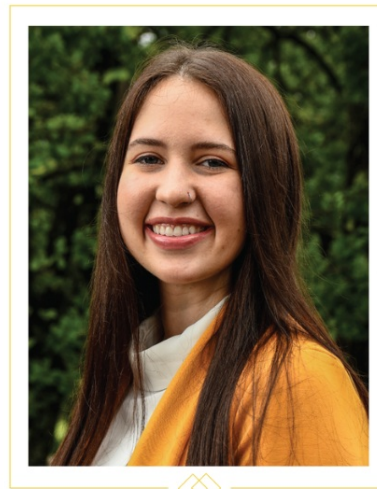
Deadline February 1, 2023

**For More Information and to
Apply**

Intensive Outpatient Program

"The more you have a treatment that can help you become continuously abstinent, the better you do," says Lisa Onken, chief of NIDA's behavioral and integrative treatment branch. "You have to figure out how to be abstinent. You still have cravings. You still have friends offering you drugs. You still have to figure out ways not to use. The longer you are able to do that, the more you are developing skills to help you stay abstinent."

Santé's intensive outpatient treatment program (IOP) provides real-world exposure, along with critical ongoing structure and support. Each client meets with their masters level primary therapist, who will identify and address treatment goals, provide individual therapy, and assist the client throughout their 16 valuable and formative weeks in IOP.



Meredith Sims, MS, NCC, LPC-Associate
Assistant Director of Outpatient Services
Supervised by Lori Martin, MS, LPC-S

"IOP is an incredible outlet for individuals, whether it is their highest level of care to date or the next step down in their continuum of care. Not only can individuals engage in trauma processing and continued skill development, they experience triggers in their daily lives while having a group to return to three times a week to process these challenges," says Santé's Assistant Director of Outpatient Services Meredith Sims, MS, NCC, LPC-Associate, Supervised by Lori Martin, MS, LPC-S. *"I continuously hear that clients look forward to coming to group because it becomes a huge support and lifeline in their recovery process. I also frequently hear that the transition from residential treatment to daily life is challenging for various reasons and that IOP makes a huge difference in our client's felt sense of community, accountability, support, and continued growth."*

A study published by National Council on Alcoholism and Drug Dependence (NCADD) offers evidence that longer term treatment equates to better overall addiction recovery and quality of life results. A residential level of care often needs to be a first step on a journey like Santé's long-term, recovery continuum of care. Clients can then step down from the residential setting into a lower level of care, IOP, which allows them to "do life" while they receive treatment three days or evenings per week and process both trauma and day-to-day challenges.

Clients transition through three phases of their IOP program, driven by how the client is meeting individualized treatment goals, progressing in their recovery, and completing therapeutic assignments. Individual therapy is offered throughout all three phases to help individuals sustain long-term recovery.

In addition to process groups, IOP clients meet in issue-specific "special topic" groups throughout the program. These special topics groups include, but are not limited to:

emotions, vulnerability, CBT/DBT skills, communication, loneliness and isolation, resentments and accountability, relapse prevention and triggers, nutrition and healthy living, family systems and roles, community building, grief, control, sober fun, relationships and boundaries, types of recovery meetings, shame and shame resilience, values, identity, self-care and grounding techniques, gratitude, goal setting (SMART), anger, and spirituality.

In addition to those groups, specialty demographic groups also meet on rotation. These groups include: divorced individuals, parents, women, men, cultural diversity, and LGBTQ+ individuals. These groups are aimed to create a safe space for individuals to discuss nuanced, critical demographic-specific topics related to addiction, mental health, and recovery.

“Sante’s IOP and TL program provided a safe place for me to go after inpatient. After leaving a secure environment like inpatient trying to achieve sobriety “on my own” in the real world would have been too daunting without the support I had put in place. After putting so much effort into recovery during inpatient, it would have hurt me immensely to skip out on IOP and TL and risk a relapse. Even though I wanted to put the past behind me and continue on living my life as I was before I got sober, I knew this was impossible. Going to IOP and TL provided me the best opportunity possible to achieve long-term sobriety.” – Marni, Alumni

Click on the below button or call 940.464.7222 for more information on the Intensive Outpatient Program.

**Learn
More**

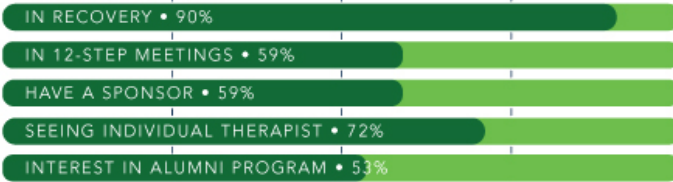
Outcomes

Santé Center for Healing measures client satisfaction to provide top-tier client care services, measure staff and organization performance, and improve client care experience. A self-report survey is 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. (click [here](#) or see below image)

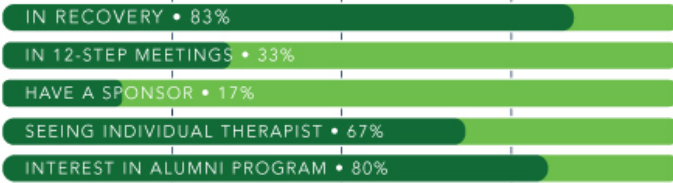
CLIENT FOLLOW-UP SURVEY: QUARTER 2, 2022

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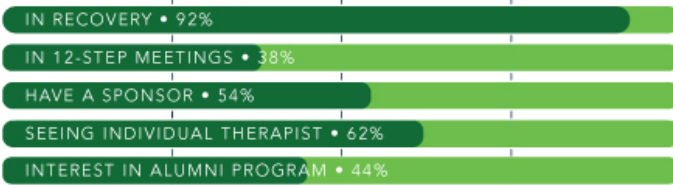
*60 DAY FOLLOW-UP:



*180 DAY FOLLOW-UP:



*365 DAY FOLLOW-UP:



ADDITIONAL COMMENTS:

*60 DAY FOLLOW-UP:

- Average Quality of Life (1 to 10 with 10 being the highest): Went from **4.1** at admission to **8** after discharge.
- Average Self-Worth (1 to 10 with 10 being the highest): Went from **3.0** at admission to **7.7** after discharge.

*180 DAY FOLLOW-UP:

- Average Quality of Life (1 to 10 with 10 being the highest): Went from **5.8** at admission to **7.3** after discharge.
- Average Self-Worth (1 to 10 with 10 being the highest): Went from **4.3** at admission to **7.8** after discharge.

Client Comments:

"Jordan & Blake were PHENOMENAL—all of the staff was honestly Y'all are amazing definitely would visit again (sober this time)."

*365 DAY FOLLOW-UP:

- Average Quality of Life (1 to 10 with 10 being the highest): Went from **3.2** at admission to **7.2** after discharge.
- Average Self-Worth (1 to 10 with 10 being the highest): Went from **2.2** at admission to **6.5** after discharge.

Client Comments:

"My quality-of-life actually exists, I have good relationships with family & friends. I am making my dreams into goals & achieving them. I am sober & even when bad times happen, I can grow through them without being tempted to give-up."

"I am doing very well with my sobriety. Entered Santé 04/04/21, slipped 07/07/21, never again."

"I still thank Santé & especially Shelley for the Therapy I received."



www.santecenter.com

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

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.



111 days clean & sober!! – Rachel V on 11/28/22



4 years and 35 days [of sobriety]! Thank you, Santé! – Stephen W on 11/28/22



Alumni Vernon G's wife called to let us know that he is celebrating 6 months of sobriety on Thanksgiving and is thankful to everyone for playing a part in his recovery. – shared by a staff member on 11/19/22



Today as I celebrate Thanksgiving with my family, I want to reach out to all of my Santé family. You all mean the world to me. You have been there for me when I was down and up. Thank you all. – Robert S on 11/24/22



I am grateful for Santé and grateful for the compassion and the well wishes that everyone has shown me. I have to be patient with myself. – Jeff B on 11/15/22



I've been in recovery for 5 months – Casey B on 11/18/22



Excellent experience, I feel confident that I have become a better person and can live my life sober. – Alumni on survey



Staff Sentiments



Sam R. Slaton, MEd, LPC-S, MBA, MHSM

Chief Executive Officer

18 years at [Santé Center for Healing](#)

Step Twelve

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

As an individual works the 12th Step, the realization comes that they have strength they previously weren't aware of. Step work leads to a “spiritual awakening”

or the understanding that they are “in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable.”¹ Once the step is reached, the individual will then go on to share the message, help others, and continue to live each step in all they do.

We can all apply the spirit of the 12th Step as we look at the close of the year. At this time of year, one is apt to review the past 12 months, what has transpired and where life has led them. Looking at the lessons learned, goals reached, and goals remaining, we determine ways to be of service to others in the upcoming year. Let us celebrate our successes and evaluate our disappointments as we can learn from both.

During the last 26 years, Santé has remained steadfast in our vision to help those

struggling with addiction, mental health, and trauma. We have been and will continue to be there for you, your clients and your patients. Let us know how we can help in the New Year and beyond. The Santé family wishes you a wonderful holiday season and an amazing 2023!

1. *Twelve Steps and Twelve Traditions*

Upcoming Events

Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

January 27, 2023

TEA (Trauma Education Association) - 1 CE Hour

11:30 AM - 1 PM CST, Via Zoom

"Working with Survivors of Trafficking: Addressing a Public Health Problem"

Elizabeth Schutz, MA, LPC, EMDR Trained

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



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

