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Long-Term Recovery Newsbites



www.santecenter.com

December 2023

800.258.4250



HAPPY HOLIDAYS



Wishing you the best
this season and always!

FROM THE SANTÉ FAMILY

Ongoing Pursuit of Excellence & Knowledge



Trauma Education Association



8
DEC.



11:30–2:00
A.M. P.M.

CST

| 2 Ethics CE Hours via Zoom

FEATURED SPEAKERS:

Michael Flynn, J.D., Ph.D. and
Tamara Allen Bush, LPC-S, NCC,
CSAT, EMDR Trained



FEATURED PRESENTATION:

“The Ethical and Legal Landscape of
Social Media: When does Self-
Promotion become Pandering?”

PRESENTATION OVERVIEW:

1. Learn how Fiduciary law limits the scope of professionals' use of social media and online promotion.
2. Understand the limits to ethical marketing of professional services.
3. Identify things a professional may do, and things one should not do on social media.

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

[Register Now](#)

Levels of Care

Santé's levels of care slowly and intentionally evolved and developed over the years based on research and studies indicating how length of stay positively impacts long-term

recovery success.

Countless clinical studies over the years, and most recently the "Addiction Treatment Aftercare Outcome Study" published in the Open Journal of Psychiatry, determined that the longer an individual is engaged in addiction treatment the better the success for sustained recovery.

Santé's Masters level Intake Counselors conduct an initial and confidential assessment to establish the individual's appropriate level of care, whether it's our medical detox, residential program, intensive outpatient or transitional living...all followed with life-long aftercare/alumni support.



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, gender-specific groups and relapse prevention planning. The idea is to identify and work through the core-level issue underneath the substance use, problematic sexual behavior, co-occurring 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

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

Learn
More

PLEASE REMEMBER

Even during the holidays,
our Intake Team is **available**
24/7 to talk, assess
prospective clients and
admit residential clients.

Call:
940.464.7222

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.



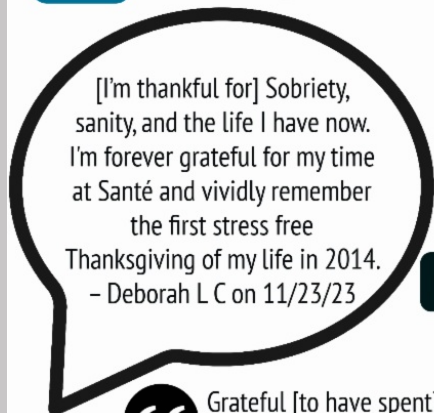
[I'm thankful for] Sobriety! 10/13/13...spent Thanksgiving 2013 at Santé. I'm forever grateful for my time at Santé! – Susan G on 11/23/23



I can't believe I made it 2 years [sober]!!
– Jody L on 11/26/23



I'm grateful for life, my wife and my sobriety. I've only been out for 10 days and the real work has begun!
– Chad H on 11/17/23



[I'm thankful for] Sobriety, sanity, and the life I have now. I'm forever grateful for my time at Santé and vividly remember the first stress free Thanksgiving of my life in 2014.
– Deborah L C on 11/23/23



So grateful for 5 months [sober]...
– Rachele R on 11/10/23



...Can't believe I've been sober for 3 years!
– Brendan O on 11/9/23



I'm thankful for sobriety, my family and the new relationships I've made in recovery.
– Lindsay D on 11/26/23



Grateful [to have spent] a Thanksgiving in Santé. Great now...
– Kent D on 11/23/23



I'm grateful for the life I get to live today. – Travis B on 10/29/23



Staff Sentiments



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

Chief Executive Officer

19 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 27 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. 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 2024!

1. *Twelve Steps and Twelve Traditions*

Upcoming Events

Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

December 8, 2023

TEA (Trauma Education Association) - 2 Ethics CE Hours

11:30 AM - 2 PM CDT, Via Zoom

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

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

Let's Get Connected

Find out what we're all about—keep updated on events, learning opportunities, shareable industry resources, articles & more. Like & follow us on any of the platforms below & let's get connected!



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