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## Long-Term Recovery Newsbites

[www.santecenter.com](http://www.santecenter.com)

January 2024

800.258.4250

A black background with several bursts of yellow and white fireworks exploding in the upper right corner.

HAPPY  
*New Year*

We wish you all this best for 2024.

Please let us know how we can  
support you and your important work.

Ongoing Pursuit of Excellence & Knowledge

# SIPER

## Santé Institute for Professional Education and Research



19  
Jan.



12:00–1:00  
P.M. P.M. CST

1 CE Hour via Zoom

### FEATURED SPEAKER:

Ashley Whitted, MS, LPC, CSAT

### FEATURED PRESENTATION:

“Sex Addiction and Sexually Compulsive Behaviors: Managing Stigma and Misconceptions in Clinical Practice”



### PRESENTATION OVERVIEW:

**Overview:** This presentation will explore and refute commonly held misconceptions surrounding sex addiction and sexually compulsive behaviors. We will also discuss how we, as practitioners, can increase awareness of and manage associated stigmas in our clinical practice to increase accessibility of competent care.

### CE Presentation Objectives:

- Examine common misconceptions around sex addiction.
- Discuss social and cultural components to stigmas around sexually compulsive behaviors. Explore professional implications for managing misconceptions and stigmas in treating sex addiction and sexually compulsive behaviors.

### 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



# Trauma Education Association



26  
JAN.



12:00–1:30  
P.M. P.M. CST

1 CE Hour via Zoom

## FEATURED SPEAKER:

Jessica Endres, PhD, LPC, NCC

## FEATURED PRESENTATION:

“Complex PTSD or DID: What Am I Working With and What Do I Do?”



## PRESENTATION OVERVIEW:

1. Know symptoms that make up complex PTSD and dissociative identity disorder (DID) from ICD11 and DSM5-TR
2. Differentiate between complex PTSD and DID
3. Learn what similar and different treatment interventions to consider for complex PTSD and DID

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](#)

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# SIPER

## Santé Institute for Professional Education and Research



2  
Feb.



12:00–1:00  
P.M. P.M.

CST

1 CE Hour via Zoom

### FEATURED SPEAKER:

Stevie Hall, PhD, LPC, CSAT

### FEATURED PRESENTATION:

"Navigating Empathy: A Deep Dive into  
Multidimensional Model of Empathy"



### PRESENTATION OVERVIEW:

#### CE Presentation Objectives:

1. Define cognitive and affective empathy, their subcomponents, and their differences
2. Qualitatively assess client empathy levels
3. Implement presentation information into treatment plans for individuals, couples, and families

#### 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

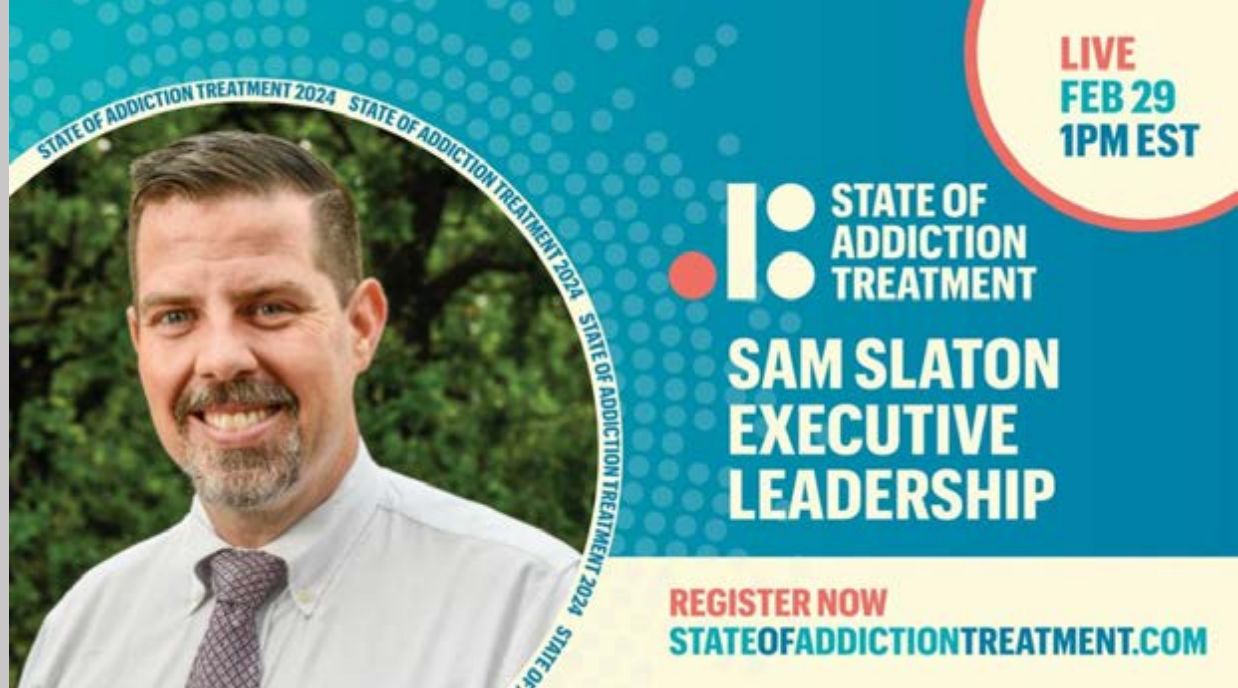
Texas State Board of Examiners Marriage and Family No. 344

Therapists Texas State Board of Social Workers Examiners Provider No. 2974

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[Register Now](#)



The banner features a portrait of Sam Slaton, CEO of Santé, on the left. The background is blue with a pattern of white dots. A curved banner at the top left reads "STATE OF ADDICTION TREATMENT 2024". On the right, a yellow circle contains the text "LIVE FEB 29 1PM EST". Below the portrait, the text "STATE OF ADDICTION TREATMENT" is displayed in white, followed by "SAM SLATON EXECUTIVE LEADERSHIP" in large white letters. At the bottom right, a yellow box contains the text "REGISTER NOW" in red and "STATEOFADDICTIONTREATMENT.COM" in blue.

Santé's CEO Sam Slaton, MEd, LPC-S, MBA, MHSM is a panelist for the upcoming State of Addiction Treatment.

About the webinar:

Just as the public deserves a complete and clear education of the healthcare tools available to them to overcome addiction, so too does the treatment provider need the best tools and plans to serve the public. And in order for providers to effectively deploy those tools and plans, they need a clear view of the runway in front of them.

Focusing on the most critical issues shaping the delivery of treatment and future of the space, the State of Addiction Treatment in 2024 panel discussion will identify the challenges faced by addiction treatment program operators from multiple perspectives and offer actionable advice to successfully navigate the year to come.

[Register Now](https://stateofaddictiontreatment.com)

## 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 two individuals 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 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.

"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**  
**Deborah Czerniak, SUNY Brockport**  
**James Kimbrough IV, Texas Tech University**

**The Rip Corley & Santé Center for Healing Scholarship**  
**Zachary Hardy, Louisiana State University**



## 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.

## 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

## 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."

Clients in Santé's intensive outpatient treatment program (IOP) experience real-world exposure alongside critical and ongoing structure and support through group and individual therapy. In addition to 9 hours of group therapy per week, 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, LPC, NCC,  
Assistant Director of Outpatient Services

*"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, LPC, NCC. *"Clients frequently say that they look forward to coming to group because it becomes a huge support and lifeline in their recovery process. I also often 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 and often the intersectionality of both.

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 LGBTQIA+ 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

## 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've been in recovery for 2 years and 4 months. – Cristobal N on 12/15/23



31 days today!!! [sober] – Kelly T on 12/1/23



I'm thankful for my sobriety and for my family!  
– Lindsay D on 12/24/23



I year, 10 months sober...  
– Jody L on 12/18/23



60 days [sober] – Rebecca B on 1/2/24



Wow, I can't believe I'm hitting a year clean already. I could not have done it without all the great friends and family I have that support me and are there for me....I'm feeling so grateful to be able to spend this Christmas with family, clean and sober. Last Christmas I was in detox for the last time, so this year is extra special. – Tori C on 12/23/23



I'm grateful for my life today and [that] I am sober. The holidays are times that used to be quite a problem and there was a lot of wreckage, so now I'm so grateful to Santé and my Tuesday night [Santé Online All Inclusive Recovery Meeting] peeps as they continue to help me stabilize my life..."  
– Steve K on 12/26/23

# Rigorous Honesty

**How would you define rigorous honesty?** It is being painstakingly accurate and free from deception. This is a recovery cornerstone and is also one of Santé's Values.

We can all struggle with being honest with ourselves, but for someone with an addiction it can seem impossible, at first. Santé's highly trained treatment team is with a client from the beginning and supports them throughout their treatment. Clients take an honest look at themselves and work on Step One - "We admitted we were powerless over alcohol-that our lives had become unmanageable." Here, we strive to establish open, honest, direct communication as it is fundamental to the healing process. We commit ourselves to helping our clients succeed in their recovery. Here's to 2024....and another year we don't give up on our clients!

## Upcoming Events

### **Every Tuesday Night**

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

### **January 19, 2024**

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

12 PM - 1 PM CST, Via Zoom

"Sex Addiction and Sexually Compulsive Behaviors: Managing Stigma and Misconceptions in Clinical Practice"

Ashley Whitted, MS, LPC, CSAT

Click [here](#) to register

### **January 26, 2024**

**TEA (Trauma Education Association) - 1 CE Hour**

12 PM - 1:30 PM CST, Via Zoom

"Complex PTSD or DID: What Am I Working With and What Do I DO?"

Jessica Endres, PhD, LPC, NCC

Click [here](#) to register

### **February 2, 2024**

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

12 PM - 1 PM CST, Via Zoom

"Navigating Empathy: A Deep Dive into Multidimensional Model of Empathy"

Stevie Hall, PhD, LPC, CSAT

Click [here](#) to register

### **February 29, 2024**

State of Addiction Treatment

11:00 PM EST, Webinar

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

# 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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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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