



Long-Term Recovery Newsbites

www.santecenter.com

February 2020

800.258.4250



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

Chief Operating Officer

16 years at [Santé Center for Healing](http://www.santecenter.com)

Step Two

"Came to believe that a Power greater than ourselves could restore us to sanity."

Some people are wary of Alcohol Anonymous because of its religious connotations. The hope of healing and trusting in a Higher Power can be difficult for addicts to embrace. However, the Higher Power can come to mean something different for different people. "The

hoop you have to jump through is a lot wider than you think."¹ Not only are there "wider" options on what Higher Power can mean, but people can also take their time to figure it out. We aren't required to believe any specific thing while working the 12 Steps, but it is just suggested to keep an open mind and see what happens while moving through the steps. Developing an open mind to consider change, challenging one's beliefs, and taking action is not an easy task, but it is important for those desiring long-term recovery to understand there is hope and healing. One must be able to hope and trust that there is a lasting recovery for themselves, that they are worth it, and that embracing the concept of a Higher Power is part of the process to restore sanity and gain a lasting recovery. And for us at Santé...it's all about the long-term recovery!

1. Twelve Steps and Twelve Traditions



Intensive Therapy Workshops

Trauma Intensive Workshop

March 30 - April 2, 2020*

Mindful Transformation: Redefining Your Trauma is a 4-Day Therapy Intensive Workshop that helps participants identify and address stuck points - negative ways of thinking that stem from traumatic life events. Participants learn new skills and ways of

thinking to assist in their recovery, by facing trauma (emotional, physical and sexual) in a safe, serene and supportive environment.



For more information, or to see if this trauma intensive workshop is right for you, your clients or your patients, contact Santé's Lisa King, MS, NCC, LPC.

Phone: 940.293.7117

Email: lisak@santecenter.com

***Space is limited**

Register Now



Investing in the Future



Andrea Flores, winner of The Dr. Deb Corley & Santé Center for Healing Scholarship, with, **Sam Slaton, MEd, LPC-S, MBA, MHSM**, Santé's Chief Operating Officer. Andrea is from El Paso, Texas.



Shannon Lollar, winner of The Dr. Deb Corley & Santé Center for Healing Scholarship, with **Dennis Wade, MS, FACHE**, Santé's Chief Executive Officer. Shannon is from San Antonio, Texas

"Being awarded this scholarship will help ease the financial burden of finishing my doctoral degree, but more importantly, it will enable me to continue breaking down the systemic barriers for under-served populations and create the changes I am striving for."

- Scholarship Awardee

2020 scholarship application dates coming soon.



Recovery is not something completed upon leaving a residential or higher level of care program; it is an ongoing process of learning and personal growth. Addiction, after all, is a chronic disease. Recovery is an ongoing expedition. Sobriety is option expansion, if you will. You have choices; it is not entirely defined as "without."

To achieve long-term recovery it is imperative to stay connected. Santé wants each of the clients we've had the privilege to serve over 24 years to continue their personal journey that is Recovery.

The Alumni Coordinator exists to keep the lines of communication open between Santé alum and the campus. Currently, Santé stays connected with alumni in a variety of ways, including but not limited to: personal follow-up support; private FB community; Annual Alumni Retreat; Alumni Advisory Board; service opportunities; entertainment-based outings and monthly alumni newsletter.

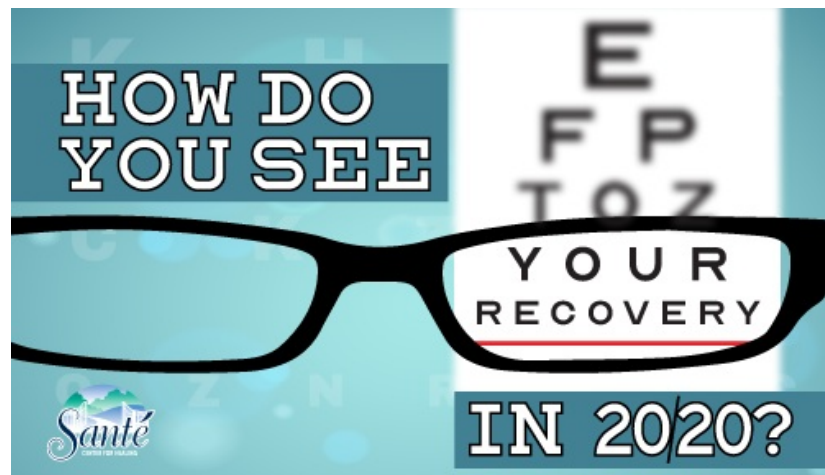
Alumni are free to check-in with the Alumni Coordinator at any time. Whether needing referrals, have a connection suggestion, or just want to check-in, the Alumni Coordinator is available to support in any way possible. If you have clients or patients who are Santé alumni, make sure they're connected with Amy Miller, Santé's Alumni Coordinator. (alumni@santecenter.com or 940.765.8911)

We have the date for this year's Annual Alumni Retreat, October 23-24, 2020. This fall's Alumni Retreat, offers the opportunity for Santé alumni to gather with other Santé alumni who enjoy sharing what recovery has taught them while hearing what others have found inspiring and encouraging along the way. Experiential sessions provide a time for healthy challenge, personal reflection, space for processing, and opportunity for growth. Attendees can expect to gain fresh perspective, renewed mindfulness and sincere connections to the vitality found in life-long, life-affirming recovery.

"I'm thankful for the time I spent at Santé. I'm not sure I would've said that on my first day here. I was committed and motivated and I learned a lot about myself here, it made a huge difference. Santé feels like home. I appreciate the staff, the current residents, and alumni because it's a continuation of helping one another; that shows one person helping another person and it continues on."

- Santé Alumni at past Alumni Retreat

For more information regarding the retreat, please contact Amy Miller at or 800.258.4250 ext. 290 or Nicole Miller at 800.258.4250 ext. 297. You can also send them an email at alumni@santecenter.com.



See Ya Soon, Houston!

Join us in supporting The Council on Recovery in Houston, Texas.
Santé is proud to partner with them for the 2020 CEU Workshop Series.

The Trauma-Addiction Connection
March 27, 2020 | 8:30 AM - 12 PM

Presented by Santé's Shelley Evans, LPC-S, in this CEU workshop, you will:

- Learn how trauma affects the brain.

- Gain an understanding on how trauma drives addiction.
- Learn how to create a healing process.
- Learn ethical considerations when working with addicted trauma survivors.

3 CEU credits will be offered, including 1 ethics credit, and a light breakfast will be served. You can register by clicking [here](#) and the cost is \$40.



[Register Now](#)

Upcoming Events

March 2-5, 2020

Intensive Therapy Workshop

Free To Be Me: Rescuing Yourself From Co-dependency

[Learn More](#)

March 27, 2020

2020 CEU Workshop Series with The Council on Recovery

The Trauma-Addiction Connection

[Learn More](#)

March 30-April 2, 2020

Intensive Therapy Workshop

Mindful Transformation: Redefining Your Trauma

[Learn More](#)

April 17, 2020

Legacy Event

[See More](#)

Connecting with Us

When you submit the ["Santé Connections" form](#), your information is accessible to Santé's intake counselors, aftercare coordinator, and family therapists for referral purposes.

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](#).



COME SEE US AT SANTÉ!
800.258.4250
914 COUNTRY CLUB RD.,
ARGYLE, TX 76226



Lisa Marie Shaughnessy
Regional Marketing
Coord. -Denton Co,



Hallie Young
Regional Marketing
Coord. -Dallas Co., Collin



Eva Perez
Regional Marketing
Coord. - Austin, San



Mandy Penn
National Marketing
Coord. - West Coast,



McKensy Coit
Regional Marketing
Coord. - OK, AR, MO, KS

Tarrant Co., W. TX

214.592.3799

lisamaries@santecenter.com

Co., E. TX

469.771.7880

halliey@santecenter.com

Antonio, Houston, S. TX

512.839.6539

evap@santecenter.com

Central US, East Coast

214.934.9377

mandyp@santecenter.com

940.395.8311

mckenseyc@santecenter.com

