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Long-Term Recovery Newsbites

www.santecenter.com

February 2022

800.258.4250

SPECTRUM OF SEXUALITY SUMMIT



SAVE THE DATE

6-hour CE Event

This fourth annual education and inspiration-filled day spans the spectrum of sexuality topics. Hear from expert therapists from multiple viewpoints – CSATs, sex therapists, sex educators, LPCs, LMSWs and more – from across Texas and beyond. Evidence-based theory and implementation ideas for your work and your clients.

Date:

Friday, April 8, 2022

Cost:

\$20

Location:

Denton Country Club

Additional Details and Registration Coming Soon!

Investing in the Future

Santé proudly awards the Dr. Deb Corley & Santé Center for Healing Scholarship to **Regan Browne**.

The Dr. Deb Corley & Santé Center for Healing Scholarship in honor of Santé's co-founder/co-owner Dr. Deb Corley, PhD. It is awarded to individuals pursuing a graduate degree towards work in the mental and behavioral health field.

Regan is from Corinth, Texas. She is pursuing a Masters in Rehabilitation Counseling, CRC Certification and LPC Licensure at the University of North Texas. With her degree and license, Regan plans to serve the addiction and disability communities by supporting, advocating, and offering psychoeducation to bridge the gap between mental health service availability and proper legislation. Additionally, she will aim to offer families an understanding of the systemic approach to treating individuals with substance use disorders and disabilities.



Upcoming Clinical CE Presentations

SIPER

Santé Institute for Professional
Education and Research

Presents:

Continuing Education Events

**February 18, 2022
12:00 p.m. - 1:00 p.m. CST
1 CE Hour
Zoom**

**"12 Step Recovery-Therapy in Disguise:
Understanding the Intersection of
Counseling and 12 Step Recovery"**

Presented by:
Blanca Sanchez-Navarro, LPC-S, LCDC
Professional Counseling, Supervision,
& Mental Health Speaking



[Register Now](#)

March 11, 2022
12:00 p.m. - 1:00 p.m. CST
1 CE Hour
Zoom

**"Compassion Fatigue: Huh? Self-Care?
How?"**

Presented by:
Lauren Baah, LMSW, CCTP, Brainspotting and
EMDR training



[Register Now](#)

News & Media

Santé's CEO, Sam Slaton, MEd, LPC-S, MBA, MHSM, was recently interviewed by Fox News Radio and discussed gambling prevalence and the co-occurring nature with substance use disorder and quality treatment.

Click [here](#) or the below button to listen to the interview with Talk Radio 1230 WJAS in Pittsburgh, PA.



[Listen to the](#)

Do you treat clients who abuse or are dependent on alcohol?

How prevalent is problematic drinking?

According to the Substance Abuse and Mental Health Services Administration's 2020 National Survey, approximately 19.3 million people aged 18 or older had a substance use disorder in the past year.

The National Institute on Alcohol Abuse and Alcoholism reports the following -

- According to the 2019 National Survey on Drug Use and Health, 69.5% of people ages 18 and older reported that they drank in the past year, and 54.9% reported that they drank in the past month.
- In 2019, 25.8% of people ages 18 and older reported that they engaged in binge drinking in the past month, and 6.3% reported that they engaged in heavy alcohol use in the past month.
- According to the 2019 National Survey on Drug Use and Health, 14.5 million people ages 12 and older had alcohol use disorder.

What does treatment look like at Santé?

As you know, treatment of alcohol use disorder is unique to each individual and based on a number of factors. An assessment by a treatment center like Santé Center for Healing is a great place to start. During an assessment an individual meets with clinical and medical staff to assess what level of care (Intensive Outpatient, Detox, Residential, etc.) will be most appropriate to meet their needs. Levels of care help determine what someone's treatment looks like, for example -

- They may need more intensive treatment that includes around the clock residential care with services like detox or other medication management.
- They may live at home while attending an outpatient level of care during the day or at night.
- They may need to enter structured transitional living to access peer support and accountability.

At Santé, treatment includes a variety of clinical tools like individual therapy, group therapy, neurofeedback, ropes course, equine therapy, psychodrama, physical fitness, and more!

"Santé has a 25-year history of sticking to evidence based principles for help in recovery of alcoholism and alcohol abuse," says Clinical Director E. Avery Rowles, LPC, CSAT.

Santé Re-Accredited by CARF

Santé is proud to share that we have received our three-year re-accreditation by CARF (Commission on

Accreditation of Rehabilitation Facilities) International, an independent, nonprofit accreditor of health and human services.



Santé has been CARF accredited for six years. This was our third CARF Accreditation survey and it went remarkably well. The CARF surveyors were impressed with all aspects of our organization. They reviewed 1,450 CARF standards and recommended that we make changes to less than six-tenths of a single percentage point. We are proud of the survey report and will continue our focus on serving our clients and community expertly while adhering to the highest standards of care. For over 25 years, Santé has built a legacy specializing in dual-diagnosis and poly-addiction complexities, trauma resolution, and impaired licensed professionals. Our cornerstone is integrity, promoting wellness for the client, their family, and our greater community while in a safe, serene, supported, and enjoyable environment.

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 grateful to be out of the depths of addiction and living a productive life one day at a time. - Brendan D on 1/28/22

I'm grateful for a second chance at life.
- Keely E on 1/28/22

I collected my 18 month coin today. Thanks to my willingness to learn humility, to practice humility, to have the courage to do the next right thing, and to admit I am powerless, thru the grace of God I have remained sober. I do want to give a shout out to Santé, and their staff who loved me enough to encourage me in my weakness and to teach me and walked with me at the start of this journey! I am grateful for the men in my life, who share their experience, strength and hopes! - Ben R on 2/5/22

I own a business and we just had a record January! Crazy how success follows you when sober. - Steve S on 2/2/22

I've been in recovery for 4 months. Makes me so happy! I've never felt better!
- Jamie R on 2/5/22

Today is my 1 yr sobriety anniversary. Life is amazing and I wouldn't go back ever!
- LaDana T on 1/18/22

I feel so amazing, and building a new life in recovery. I am 1 day shy of 60 days, and I celebrate tomorrow with a new outfit. I have already saved so much money from not acting out, and I'm LOVING the way I'm feeling about myself. It works if you work it and you ARE WORTH IT.
- Dana L on 1/14/22

The program has helped me in dealing with the uncertainty. Living one day at a time, leaning on each other in support groups and fellowship, talking about the circumstances and staying in gratitude keeping a God centered life. Thy will, not mine, be done. Thank you Santé. - Phillip B on 1/15/22

I'm thankful that I get my first paycheck out of rehab, a new macbook and I get my drivers license back all next Friday - Jack D on 1/23/22

7 months and going strong! - Brittany H on 1/23/22

Staff Sentiments

Sam R. Slaton, MEd, LPC-S, MBA, MHSM
Chief Executive Officer
18 years at Santé Center for Healing

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*

Maintaining Proper Boundaries

Continuing Medical Education Course

Next Course Offered: May 11-13* (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.

Note Regarding COVID-19:

Participants will need to take a rapid COVID-19 test and email the results to Santé the day prior to the course starting. Masks will be required at all times and all participants will be intentionally spaced further apart.

***Space is limited**

Register Now

Upcoming Events

Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

February 18, 2022

SIPER CE- 1 CE Hour

12:00 PM - 1 PM CST, Via Zoom

"12 Step Recovery-Therapy in Disguise: Understanding the Intersection of Counseling and 12 Step Recovery"

Blanca Sanchez-Navarro, LPC-S, LCDC

Click [here](#) for more information and to register.

February 25, 2022

Trauma Education Association - 1 CE Hour

11:30 AM - 1 PM CST, Via Zoom

"A Multi-Dimensional Approach to Complex Trauma" Part 2

Elizabeth Schutz, MA, LPC-Associate, Supervised by Tamara Allen Bush, LPC-S, CSAT, NCC and Landon Dickeson, MS, LPC

Click [here](#) for more information and to register.

March 11, 2022

SIPER CE- 1 CE Hour

12:00 PM - 1 PM CST, Via Zoom

"Compassion Fatigue: Huh? Self-Care? How?"

Lauren Baah, LMSW, CCTP, Brainspotting and EMDR training

Click [here](#) for more information and to register.

March 25, 2022

Trauma Education Association - 1 CE Hour

11:30 AM - 1 PM CST, Via Zoom

"What is Dissociation??"

Jessica Endres, LPC, MA

Registration available soon.

April 8, 2022

Spectrum of Sexuality Summit - 6 CE Hours

Denton Country Club in Argyle, Texas

Additional details and registration available 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/>

Connect 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*](#).

**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.