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## Long-Term Recovery Newsbites

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

February 2024

800.258.4250

### Ongoing Pursuit of Excellence & Knowledge

**THE ONLY PERSON  
YOU ARE DESTINED  
TO BECOME IS  
THE PERSON YOU  
DECIDE TO BE.**



—Ralph Waldo Emerson

# THE SECOND ANNUAL RESILIENCY & RECOVERY

CONFERENCE OF FORT WORTH  
POWERED BY SANTÉ

**FEBRUARY 16 | 8:00 A.M. – 5:00 P.M.**

LENA POPE CENTER: 3200 SANGUINET STREET, FORT WORTH, TX 76107

**7 HOURS OF CE'S**



**Nick Overbeck,**  
LPC, LCDC, EMDR-Trained  
*Collegiate Recovery:  
Transforming I Wish into  
I Will*



**Kim Garrett,**  
LCSW-S, LCDC, CCISM,  
MBA, EMDR  
*The Many Faces of Grief:  
Walking Alongside the Hurting*



**Haley Hicks, LCSW**  
*From DMDD to Bipolar*



**Michelle Schwoiert,**  
MA, LPC, LCDC-I, EMDR  
*Repairing Future Generations:  
Healing Trauma in  
Adolescents*



**Dr. Katie McQueen, MD**  
*Whack a Mole*



**Dr. Russ Toll,**  
PhD  
*Listen to Your Vibe: The  
Neuroscience of Healing with  
Transcranial Magnetic  
Stimulation*



**Meredith Sims,**  
MS, LPC, NCC  
*Establishing Identity in  
Recovery*



**REGISTER HERE!**  
\$10 registration  
(breakfast, lunch and  
beverages provided)



Back by popular demand...

"The Second Annual Resiliency & Recovery Conference of Fort Worth" answers a professional education need in Fort Worth and surrounding areas, though professionals from elsewhere are invited, too. This 7-hour CE event weaves together inspiration and application, spanning the topics of mental health and addiction.

Registration begins at 8:30 A.M. and the first presentation will begin at 9:00 A.M. Breakfast and lunch will be provided.

Continuing Education:

- 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

Click [here](#) or on the below button for additional details and to register.

**Register Now**

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# Trauma Education Association



**23**  
FEB.



12:00–1:30  
P.M. P.M. CST

1 CE Hour via Zoom

## FEATURED SPEAKER:

Patrick O'Malley, PhD

## FEATURED PRESENTATION:

"Becoming A Guide For  
Those Who Mourn"



## PRESENTATION OVERVIEW:

1. Explore the current culture for grieving clients
2. Discuss the integration of grief and trauma counseling
3. Develop strategies to support grieving clients

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

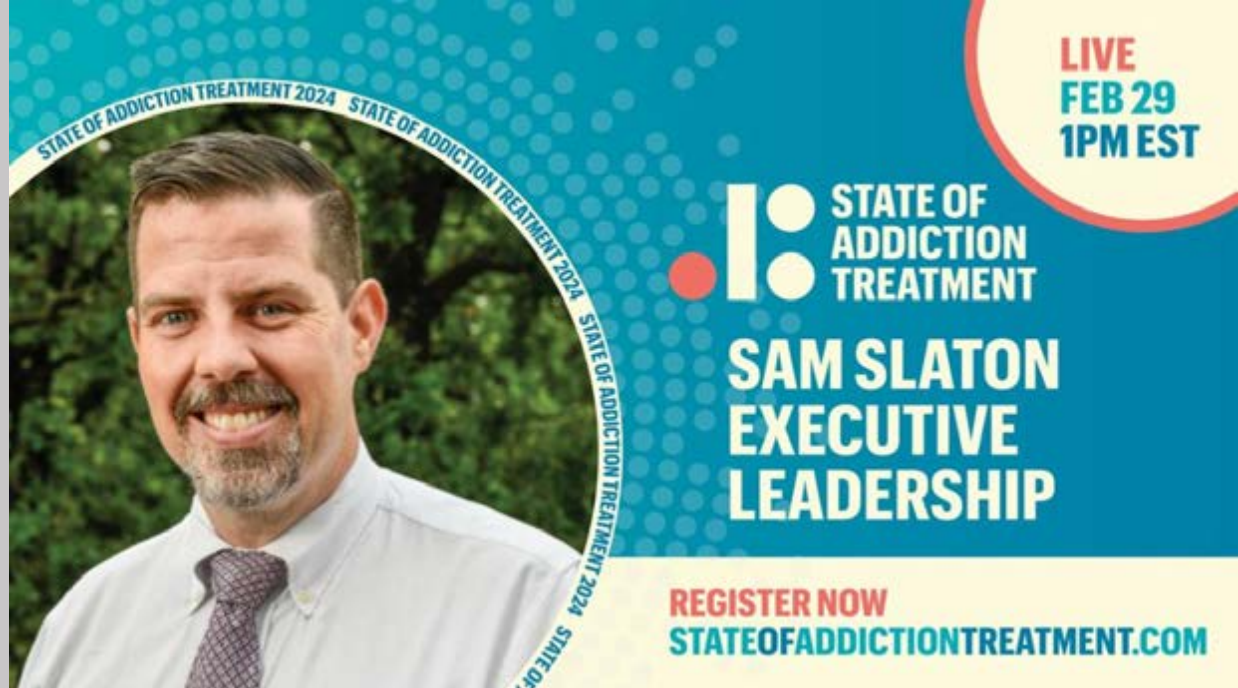
Therapists Texas State Board of Social Workers Examiners Provider No. 2974

**Notice the New Start Time for 2024**

[Register Now](#)

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The banner features a circular 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.

STATE OF ADDICTION TREATMENT 2024

LIVE  
FEB 29  
1PM EST

STATE OF  
ADDICTION  
TREATMENT

**SAM SLATON**  
**EXECUTIVE**  
**LEADERSHIP**

**REGISTER NOW**  
**STATEOFADDICTIONTREATMENT.COM**

On February 29, Santé's CEO Sam Slaton, MEd, LPC-S, MBA, MHSM is a guest panelist for the national *State of Addiction Treatment* event.

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

Santé proudly awards the Rip Corley & Santé Center for Healing Scholarship to **Zachary Hardy**.

The Rip Corley & Santé Center for Healing Scholarship is in memory of Santé's co-founder Rip Corley, LMSW, RN. It is awarded to 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.

Zachary is from Lakeland, LA. He is pursuing a Bachelors in Sociology with plans to pursue a PhD in Psychology. Zachary is an active member of the

collegiate recovery program at Louisiana State University (LSU) and he is currently the elected treasurer of the program. Jazmin Robinson-Smith, M.A., Zachary's former professor at LSU, shared, "Zachary is nothing short of amazing. Full stop. His passion is apparent and his fight for what's right is even more clear. Life has not been the kindest to him, yet he finds a way, day in and out, to stick by his sobriety and to build a life he is proud of."



## Best of Denton County

Santé's Medical Director, Melissa Pennington, D.O., FASAM, CEDS, was interviewed for the *Best of Denton County's* "2023 Top Businesses" issue. Santé was voted [Best Substance Abuse Treatment Facility](#).

Click [here](#) or the image below to read the article.



**Dr. Melissa Pennington**  
D.O., FASAM, CEDS



**A BEACON OF *Hope.*  
OFFERING  
TRANSFORMATIVE  
CARE & HEALING**

18 | Medical & Health Services | Best of Denton County 2023

# MIRACLES HAPPEN

## *Santé Center for Healing*

by Murray Media Group

In the ever-challenging landscape of addiction medicine, the pursuit of healing and recovery requires both compassion and expertise. Dr. Melissa Pennington, the Medical Director of the Santé Center for Healing, embodies this commitment to transforming lives. Her journey in the field began in the realm of eating disorders, where she observed a striking overlap with chemical dependency issues in many clients. This realization ignited her passion to address both challenges concurrently.

Established in 1996, Santé Center has consistently evolved to provide individualized treatment that sets it apart from others in the industry. The core of Santé's approach lies in its expert staff, working collaboratively to ensure every client receives the best care tailored to their unique needs.

Dr. Pennington has witnessed the dynamic changes her work brings to clients' lives as they find joy and serenity in sobriety. One remarkable story she shares is of a young woman battling trauma and multiple addictions who had previously sought help at various facilities without lasting success. She went through four months of intensive residential treatment — her insurance covered the extensive stay knowing the expert care she was receiving at Santé — allowed the staff to address the root of her issues. Today, she stands as a testament to the power of healing, attributing a significant part of her recovery to Santé's care.

Santé's distinctive values are reflected in their willingness to embrace even the most challenging cases and to take an individualized approach to each client's journey. Unlike typical 30-day treatment

facilities, graduation from Santé's program is determined by the work completed, not a predetermined time frame. Above all, the Santé team deeply cares about their clients and their path to recovery.

Being acknowledged in Best of Denton County 2023 is a source of pride and joy for Dr. Pennington and her team. It is a testament to the miracles when clients find their way to recovery and well-being.

For those aspiring to venture into this field, Dr. Pennington's advice is clear: prioritize skilled and empathetic client care. Santé Center's expertise extends beyond chemical dependency to address a range of process addictions, underscoring their dedication to treating the underlying trauma associated with these behaviors.

Dr. Melissa Pennington and Santé Center for Healing stand as beacons of hope, offering transformative care and healing to those on the path to recovery.

### Best Substance Abuse Treatment Facility



**Santé Center for Healing**  
940.464.7222  
914 Country Club Rd.  
Argyle, TX 76226  
SanteCenter.com

facebook.com/BestofDentonCounty

## 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.



## Transitional Living

Santé's Transitional Living (TL) program provides a highly-structured, therapeutic apartment-style living for adult men and women, who are in search of additional daily living support while in the early stages of recovery. Several research studies by NIDA (National Institute on Drug Abuse) find that the

longer an individual is involved in a continuum of care and receiving treatment, they have significantly better outcomes including decrease in relapse rates. As with the national trend, this program has also seen a rise in adult children who were previously living at home. Santé's TL residents receive the environmental, therapeutic and social support needed to meet goals and succeed.

A recent Public Health Institute study showed that individuals in TL-type programs recorded lower incidences of drug use, arrests and harmful psychiatric symptoms, 18 months after leaving treatment. Results also showed that residents who stayed longer in this level of care were less likely to relapse as compared to those who did not stay long. As individuals continue to deepen their recovery, at this level of care, staff and residents alike identify and address missing life skills, including but not limited to: financial planning, budgeting, meal planning, educational guidance, career development and life skills education. Employment, community service, 12 step work, and higher education and continuing education are important components for the Transitional Living Program.

In addition to a safe, chemical-free environment, TL residents experience: separate men's and women's programs; master's level therapist on site Monday - Saturday; daily group therapy and house meetings; random drug screens; 12-Step Recovery model; individual and group counseling; employment and volunteer opportunities; and more.

**"As a treatment team, we're honored to help people new in recovery use Santé's Transitional Living as the foundation for the relationships, connections and decision making essential for sustained, long term recovery,"** says Santé's Director of Clinical Services, Adam Karazuba, MSW, LCSW.

Click the below button or call 940.464.7222 for additional information regarding our Transitional Living program.

Learn  
More



Adam Karazuba, MSW, LCSW  
Director of Clinical Services,  
Residential and Outpatient

## 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 compulsive sexual behavior, sexual addiction or sexual health
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 for Submission July 31, 2024**

For More Information and to  
Apply

## 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.



Santé has changed my life on many levels. I am grateful that I had this experience and hopeful for my future. – Alumni on Survey



I am so grateful for everyone who has helped me and supported me along my journey to sobriety. I am especially grateful for everyone at Santé and all of the alumni who have voiced their words of encouragement and inspiration.  
– Dawson W on 1/26/24



Santé provided me a safe haven for me. Helped me understand that I am not alone and can overcome this. – Alumni on Survey



Grateful that alcohol is not the center of my life now, but just a memory.  
Sober 5 years and 22 days.  
– Shannon C on 2/1/24



...Santé gave me a second chance at life.  
– Alumni on Survey



3 months sober!  
– Rich on 1/7/24



## Staff Sentiments

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



Chief Executive Officer  
20 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."<sup>1</sup> 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*

## Upcoming Events

### **Every Tuesday Night**

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

### **February 16, 2024**

**Resiliency & Recovery Conference of Fort Worth - 7 CE Hours**

8 AM - 5 PM

Lena Pope Center, Fort Worth, TX

Registration Fee: \$30

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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