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## Long-Term Recovery Newsbites

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

February 2023

800.258.4250

### Upcoming Clinical CE Presentations

Santé is a proud sponsor of the Trauma Education Association



**February 24, 2023**  
**11:30 a.m. - 1:00 p.m. CST**  
**1 CE Hour via Zoom**

#### "Demystifying DID"

**Presented by:**  
**Jessica Endres, PhD, LPC, NCC**



#### Presentation Objectives:

1. Know experiences/dissociative symptoms unique to clients experiencing dissociative identity disorder (DID)
2. Differentiate between dissociation as a symptom and potential DID/OSDD
3. Walk through case study example of the process of exploring a potential DID diagnosis

Click [here](#) or the button below for the speaker's bio and to register.

**Register Now**

## Healthy Love

# Santé Loves (Healthy) Love

## When to make the call to Santé



### Escalation

Has there been an escalation in behaviors?



### Cannot do it alone

Have they tried to cut down on behaviors and been unable to?



### Time consuming

Are they spending an inordinate amount of time preoccupied in the behaviors?



### Affects daily life

Is their use affecting their ability to function in relationships, work, school, etc.?

940-464-7222

www.santecenter.com

Like other forms of addiction, sex addiction is a chronic disease that can destroy someone's life. Individuals may quickly focus more and more of their time on the addiction and forget about other aspects of their lives. Before long, this addiction can affect the individual's finances, family life, personal matters, career, and social life...click [here](#) or below to learn more if you have a client that might benefit from sex addiction treatment.

Learn More

## Investing in the Future

Santé proudly awards the Rip Corley & Santé Center for Healing Scholarship to **Mason Collie**.

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.

Mason is from Comfort, TX. He is pursuing a Bachelors in Psychology at the University of Houston. Mason attended the oldest recovery high school in Houston, Archway Academy. During this



time, he learned the importance and advantage of recovery support and has carried this lesson to the collegiate level. Mason is an active member of the collegiate recovery program at the University of Houston called Cougars in Recovery (CIR). He founded a service committee within CIR that brings 12-Step meetings to an area treatment center, distributes food to students with food insecurity at the on-campus food pantry and that helps organize the sober tailgates. Christopher Miller, Mason's former teacher at Archway Academy, shared "[Inside and outside the classroom, Mason is a natural leader. In class, his consistent engagement and curiosity was infectious and inspired his peers to do the same. He is also a leader in the world of recovery, guiding others both in the way he lives his own life, but also as a sponsor to many. He leads naturally and with humility, again speaking to his maturity. Mason aspires to be a doctor, and with his drive and skill set, I believe he will make that happen.](#)"

## Levels of Care

### 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**

Individual Therapy &  
Med Management

In addition to residential and intensive outpatient therapy, Santé also works with clients to improve their quality of life in a less-acute level of care. Santé's outpatient therapy clinicians and medical providers are dedicated to helping individuals identify, adapt and effectively deal with life's challenges – addiction, anger, trauma, life transitions, depression and grief.

**Psychiatric services include:**

- Psychiatric evaluations
- Psychiatric medication management
- Psychiatric therapy
- Telehealth options available

**Mental Health and Substance Abuse services provided include:**

- Individual therapy
- Family therapy
- Couples therapy
- Telehealth options available

This level of care is ideal for those whom time is not healing the way they thought it would. For those whose coping skills seem ineffective for what they're enduring. For those who feel stuck or have chronic, intense feelings impacting their life. For those frustrated with their behavior and choices and yet can't seem to change patterns. Outpatient therapy and med management provides clarity, guidance, support and the growth necessary to overcome and thrive through weekly, bi-weekly or monthly sessions.

"People who receive individual therapy report presenting symptom relief and an increased ability to successfully function in their lives. About 75 percent of people who enter psychotherapy show some benefit from it." American Psychological Association

Even with only weekly or monthly sessions, clients improve emotions and desired behaviors.

For any questions or for additional information, click on the button below or call 940.464.7222.

[Learn More](#)

## 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 sexual addiction
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



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.

“...I'm so thankful today that I don't have to take the first drink. Thank you AA for the tools I can use to keep me strong. Thank you Santé for the continued friendship and support...  
- Phillip B on 1/23/23”

“I've been in recovery for 7M 2D - Catherine C on 2/7/23”

“...That's what I loved about Santé, the ability to give the rigorous honesty without judgement and all the support. I knew I should've stayed longer but I am so grateful for the valuable tools I've learned...  
- Robin G on 2/2/23”

“Changing my thoughts to remove all the addictive thoughts that I could was the best thing I've ever done for myself.  
- Robert S on 2/3/23”

“One year ago today I checked into Santé. I was terrified and had no idea what I was getting into. I was forced by my addictions, and my wife, to go to treatment and I was full of resentment. For the next 88 days I learned to be honest with myself and others. I learned to forgive others and myself. I began to connect with God, others, and myself. Today I am one year sober, thanks to God, my brothers in recovery, and the steps. I am learning I am powerless over shame, fear, pride, dishonesty, and resentment just as I am powerless over my addiction, AND I have a higher power and a program that can help me with my character defects. I was able to abandon my self-centered fear at Santé and I'm able to abandon my self-centered fear as God reveals it to me today. I am grateful for my time at Santé, and today I'm grateful for my addiction and my defects that bring me closer to God, others and myself. - Taylor B on 2/2/23”

## Staff Sentiments



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

Chief Executive Officer

19 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*

## Maintaining Proper Boundaries

### Continuing Medical Education Course

#### Next Course Offered: May 10-12\* (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.

\*Space is limited

[Register Now](#)

## Upcoming Events

#### Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

#### February 24, 2023

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

11:30 AM - 1 PM CST, Via Zoom

"Demystifying DID"

Jessica Endres, PhD, LPC, NCC

Click [here](#) to register

#### May 10-12, 2023

**Maintaining Proper Boundaries Course - CME Hours**

Click [here](#) for more information and 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



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