



## Long-Term Recovery Newsbites

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

March 2021

800.258.4250

# SPECTRUM OF SEXUALITY SUMMIT



**REGISTER NOW!**

### 6-hour CE Event

This third 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, LMFTs and more – from across Texas and beyond. Evidence-based theory and implementation ideas for your work and your clients.

#### Date/Time:

Friday, April 9, 2021

8:45 a.m. - 4:15 p.m.

#### Cost:

\$20

#### Location:

Virtual Format Only - via Zoom

The presentations will only be available to view live on the day of the event

and not by recording at a later time.

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

**NBCC ACEP Number: 7031**

[Register Now](#)

## Santé Celebrates 25 Years of Healing

Santé Center for Healing announced reaching our 25th anniversary in 2021. This is a major milestone for us on our mission to provide treatment with integrity and promote wellness and long-term recovery for patients in a serene and intimate community.

### **Taking Pride in What We Do**

Santé has persevered through years of change while keeping our values intact. We grew as the treatment community developed but were able to maintain the basis of what makes our treatment special. We hope that all who have been a part of our organization – whether it be as a client, staff member, family member, friend or professional colleague – walked away feeling they were better for the relationship they have with us. We should never forget how special it is that each day we are given the opportunity to play a role in helping people live healthier lives.

### **Over the years, values remain the same:**

- 12 step foundation
- Effective, evidence-based treatment
- Expert staff pursuing ongoing education/certification
- Individualized care
- Working to the core trauma-level issues underlying addiction and simultaneous treatment for those experiencing dual diagnosis, poly-addiction

### **The result... 25 years of miracles, one day at a time.**

Article by: Heather Willis, Santé's Public Relations Intern

[Read the Full Article](#)

# SANTÉ CELEBRATES 25 YEARS OF HEALING

RECENT ACCOMPLISHMENTS IN THE WAKE OF ANNIVERSARY INCLUDE:

**3 YRS AWARDED**  
BEST IN DENTON COUNTY

**AWARDED 2020**  
BEST OF PROSPER & CELINA

**2020 TOP DOCS**  
RECOGNITION OF EXCELLENCE



**CARF ACCREDITED**  
CONSECUTIVELY SINCE 2016

**AWARDED 2020**  
BEST REHABS FACILITY DALLAS

**DENNIS WADE, FINALIST**  
OUTSTANDING HEALTHCARE ADVOCATE

## Staff Sentiments



**Melissa Pennington, DO, ABAM, CEDS**

Medical Director

5 years at Santé Center for Healing

### Nature of Addiction

One of the hardships consistent within addiction is the nature of addiction itself. Having worked with and for other mental and behavioral health organizations, Santé's Medical Director Dr. Melissa Pennington points out, "Santé understands and best addresses the 'rolling with resistance' aspect of treating addiction." Those in active addiction commonly want to leave treatment, stop doing the hard but important

work of feeling and healing, and return to their drug of choice at various points along their recovery journey. From initial intake to detox and longer term recovery, Santé has developed and implemented several procedures to encourage patients to remain in life-saving, life-affirming treatment. "We do this by ensuring a non-judgmental attitude, comfortable detox, gentle reassurance, and enlisting the help of peers and family and friends in recovery." We ask patients to intentionally invest in themselves and in their treatment community, refraining from their previous environment in their first few days in residential treatment. Dr. Pennington continues, "We have a '96 hour rule' that ensures patients do not leave treatment impulsively. Most importantly, we treat each and every patient as a person. We listen to them, we understand them, and we don't take their actions or statements in the midst of addiction personally."





**FAITH**

**MADE A DECISION TO TURN  
OUR WILL AND OUR LIVES  
OVER TO THE CARE OF  
A HIGHER POWER.**

*Santé*  
CENTER FOR HEALING

**12**  
**STEPS**

### **Step Three**

An important step in someone's path to recovery is faith. Having the trust to rely on something or someone who is not themselves is not easy but it can be done if you have the confidence to try. Let go and have faith.



## **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.

*"Erich R called in this morning to say thank you for the birthday wish that we sent to him and to let us know that he is 3 years sober and doing great! He said that he was about to get remarried and life couldn't be better. He stated that he owed it all to Santé for giving him the tools and a safe haven to be at to get his life back together."*

Shared by Brenda on 3/19/21

*"My journey of recovery started at Sante Center for Healing on March 4, 1998 - I*

*celebrated 23 years clean on March 5"*

Marcia C on 3/16/21

Alumni Group Post "Roll Call: Who is Thankful to Be Clean & Sober Today?" on 3/12/21

- *"So so thankful"* - Pennye G. J.
- *"So grateful"* - Marcia C
- *"Pick me! 128 days today!"* - Brendan O
- *"Very grateful"* - Dale R
- *"DITTO! 15 months sober on Mach 9th!"* - Christie B
- *"I am VERY grateful! 11+ years"* - Betsy R
- *"Go very grateful"* - Michelle F. R.
- *"YAASSSE so very thankful... pick up my one year April 27. Woo Hoo"* - Pam S. D.
- *"May 29 for me!"* - Chris A

*"I know we mostly just celebrate sobriety dates, but I want to share that today is 1 year for me of being bulimia free."*

Jordan D on 3/8/21

*"Two years sober today! Thanks to my comrades and counselors at Santé for being there for me when I could not be there for myself. I am so grateful for my new life."*

Julie B on 3/2/21

*"Santé was the beginning of my journey into recovery after 25 years of addiction to simulants. It has been a rocky, tumultuous, uphill climb. The seed was nevertheless planted back in 2013. I'm grateful to be sober today and willing to bring any man who asks through the 12 steps. I'll be in North Texas and available on April 15th! Since I left Santé, I have lost 9 friends, that I know of, to the disease of addiction. I don't know why I was spared but I had to realize it would only be a matter of time before I ended up being a loss for someone else. It had to stop. Thank you to all those who planted the seed of recovery and to those who showed me where it would lead."*

Brendan O on 3/8/21

*"Pam D called. She is still sober and doing well. She has remained at Elevated in Plano since leaving Santé. She said between Santé and Elevated's programs she has been able to stay sober after so many failed attempts before us."*

Shared by Kelly in Santé's business office on 2/9/21



Santé proudly awards The Dr. Deb Corley & Santé Center for Healing Scholarship to **Meredith Sims**.

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

Meredith is from Denton, Texas. She is pursuing a

Masters of Science in Clinical Mental Health Counseling (Adult Track) at University of North Texas. She no longer views counseling as only a career, but "a dream, a way of being, and a passion." Meredith said, "I have witnessed the lack of services available to individuals with addictions and mental health concerns, and I am both alarmed and angry at the continued stigma facing this population. Upon earning my LPC-associate license, my desire is to continue my work in residential treatment. Eventually, I would like to serve as a clinical lead for an agency while helping create community resources that are accessible to a broad demographic of clients."



## Upcoming Events

### **March 29, 2021**

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

### **March 30, 2021**

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

### **April 5, 2021**

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

### **April 6, 2021**

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

### **April 9, 2021**

The 3rd Annual Spectrum of Sexuality Summit

**[Register Here](#)**

### **April 12, 2021**

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

### **April 13, 2021**

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

### **April 19, 2021**

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

### **April 20, 2021**

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

### **April 26, 2021**

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

### **April 27, 2021**

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT



# 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/>



## 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](#).



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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.

