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Long-Term Recovery Newsbites

www.santecenter.com

March 2024

800.258.4250

Ongoing Pursuit of Excellence & Knowledge



Thank you to all who attended the recent Alumni Service Opportunity at Thrifted It. It was a great time of fellowship and service at the alum owned non-profit.

Thrifted It's Mission:

To provide support for those in active addiction, seeking recovery through treatment and sober living.

We provide scholarships for those individuals that are desperate to change their lives, but do not have the financial means or support. This includes all avenues of being of service to the recovery community. Our passion is to stop the cycle of addiction for as many as we can, as well as provide a place of hope and service in our community.



Trauma Education Association



22
March



12:00-1:00
P.M. P.M. CST

1 CE Hour via Zoom

FEATURED SPEAKER:

Angel Ayala, MS, LPC, LCDC, EMDR

FEATURED PRESENTATION:

“Military Culture and
Trauma”



PRESENTATION OVERVIEW:

1. Describe military culture, military experiences, and reasons why people join the military.
2. Understand the impact of military trauma on emotional health, physical health, and the transition to civilian life.
3. Recognize our motivation for effectively assisting our U.S. military and veterans.

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 and End Time

Register Now

SIPER

Santé Institute for Professional Education and Research



29
March



12:00–1:00
P.M. P.M.

CST

1 CE Hour via Zoom

FEATURED SPEAKER:

Kelsey Shaw Salyer, LCSW-S,
EMDR, EMDRIA Consultant

FEATURED PRESENTATION:

"Ego State Therapy as a Building
Block for Trauma Processing"



PRESENTATION OVERVIEW:

CE Presentation Overview:

There are a variety of evidence based treatment interventions for trauma processing; however, clients enter trauma treatment with varying degrees of skills and resources to effectively participate in trauma treatment. Ego state therapy can be an effective intervention to build capacity and resilience in clients to effectively and efficiently participate in trauma treatment. Learn basic ego state interventions that can be used to build tolerance for distress and capacity trauma processing.

CE Presentation Objectives:

1. Understand and identify the requirements for effective trauma processing.
2. Identify the ways that Ego state therapy can be an effective tool for building capacity to trauma processing.
3. Learn basic Ego state interventions for building capacity for trauma processing.

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

NBCC ACEP Number: 7031

- A majority of the licensing boards in the United States accept NBCC credit; however, as rules and regulations sometimes change without much notice, it is ultimately your own responsibility for interpreting your state's laws, board rules, course relevancy and all requirement for your state.



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.

Register Now

Why Santé?

Click the below button to watch the Santé Overview video to see clients, their families and staff talk about why they chose Santé. Learn why Santé was the best choice for them to allow the highest level of care and greatest success at long-term recovery.

It will take less than 3 minutes to learn more about why Santé might be the right fit for your clients.



[Santé Overview Video](#)

Investing in the Future

Santé proudly awards the Rip Corley & Santé Center for Healing Scholarship to **James Kimbrough, IV**.

The Dr. Deb Corley & Santé Center for Healing Scholarship is in honor of Santé's co-founder/co-owner Dr. Deb Corley, PhD, LMFT, LCDC, LSOTP, CSAT, CMAT. It is awarded to individuals in school to earn a graduate degree towards work in the mental and behavioral health field. Eligible programs include: social work, psychology, nursing, counseling, marriage and family therapy.

James is from Crosby, TX. He is attending Texas Tech University and is pursuing a Masters in Social Work, an International Gambling Counselor certification and a certification from the American Association of Sexuality Educators, Counselors and Therapists. His involvement with the university and the community includes: being very active and holding a position in the Association of Students Acting in Service, being the Membership Coordinator and Liaison between the university and NAMI Lubbock through his training in NAMI Connections (a support group for individuals living with mental health conditions) and starting a student organization called Tech Students for Mental Health, No Mind Left Behind. The Director of the Texas Tech's Student Mental Health Community, Thomas G. Kimball, PhD, LMFT shared, "[James is taking full advantage of his undergraduate degree in social work and is excelling. He has also thrown himself into our community and has taken advantage of every opportunity. James is motivated, consistent, empathic, and very smart.](#)"





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.

YOUR JOURNEY TO RECOVERY BEGINS



OUR GOAL IS
**LONG-TERM
RECOVERY**

Recovery Continuum: 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
- 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 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

Santé's Connection:

In the early 1980's, Santé Center for Healing co-founders and siblings Andre "Rip" Corley, CSW, ACP, LVN, ASL and Deb Corley, PhD, LMFT, LCDC, LSOTP, CSAT, CMAT were part of a mental and behavioral health pioneer "Study Group" who met to discuss professional struggles working with clients struggling with sexual compulsion and addiction. How could they help these clients find healing through the radical transformation of recovery? There was a dire need for research on compulsive sexual behavior, sexual addiction and sexual health. In the subsequent decades, Deb's field-defining problematic sexual behavior and disclosure research was distributed in peer reviewed journal articles, national presentations and several acclaimed books. In early 1996, Deb and Rip's research, efficacy and commitment to the field (including earliest leadership on the SASH Board of Directors) most notably resulted in the founding of Santé. For 27 years, the research and efficacy legacy continues to be shared forward.

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.



Grateful for six months of sobriety. It has made such an impact on my life, choosing to be sober. I am grateful for my time at Santé and the tools that were shared with me in maintaining a healthier life. – Art F on 2/6/24



I would like to thank everyone at Santé! A very special thank you to my counselor Josh! He is amazing & helped me so much! Also a big thank you to Martin & I can't remember the blonde nurse who also played a big part in my recovery! Thank you all so very much! God Bless you all!

– Alumni on Survey



...Thank you [Santé] for everything y'all did for my recovery. I could never express into words how extremely grateful I am. – Alumni on Survey



2 YEARS SOBER. I felt like my first year of sobriety was about survival and learning new, healthy ways to cope and how to be ME in this world without alcohol or drugs. This year I've ben in love with myself and the life I've created...

– Janessa S on 2/15/24



Thankful for the last 6 months and to be alive!
– Lindsay D on 2/12/24



I'm thankful for reaching a milestone: 8 months of sobriety!!!! Grateful to everyone at Santé who showered me with the support to propel my sobriety journey. – Lika S on 2/18/24



Staff Sentiments



Melissa Pennington, DO, FASAM

Medical Director

With Santé Center for Healing Since 2015

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."

Upcoming Events

Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

March 22, 2023

TEA (Trauma Education Association) - 1 CE Hour

12:00 PM - 1:00 PM CST, Via Zoom

"Military Culture and Trauma"

Angel Ayala, MS, LPC, LCDC, EMDR

Click [here](#) to register

March 29, 2023

SIPER (Santé Institute for Professional Education and Research) - 1 CE Hour

12:00 PM - 1:00 PM CST, Via Zoom

"Ego State Therapy as a Building Block for Trauma Processing"

Kasey Shaw Salyer, LCSW-S, EMDR, EMDRIA Consultant

Click [here](#) to register

SAVE THE DATE

The Spectrum of Sexuality Summit

August 2, 2024

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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