



# Long-Term Recovery Newsbites

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

April 2019

800.258.4250

## April is Alcohol Awareness Month

17.6 million people, or one in every 12 adults, suffer from alcohol use disorder or alcohol dependence.

<https://www.facingaddiction.org/resources/facts-about-alcohol>



**Dennis Wade, MS, FACHE**

Chief Executive Officer

20 years at [Santé Center for Healing](http://www.santecenter.com)

### Courage to Look Within

It doesn't have to be rational, and so few things are with individuals suffering from substance use disorders. Otherwise, it would be easy to simply "just stop." In active addiction, destructive paths are consistent. Needs of others aren't considered. Relationships are non-existent, or strained to capacity at best; the implications

on all those around active addiction have the power to destroy.

It's been called "the ritual of forgetting oneself." Isolation resides. Drug use. Overpowering and destructive behaviors disconnection from emotion and feelings.

But then there is COURAGE. Courage to want something different. Courage to stop long enough and in the stillness take personal moral inventory. Courage to find another way. Courage to ask for help, reach out for help, and find help. Courage to be vulnerable with solid support systems (that perhaps you feel as though you don't deserve) or sponsors who share hope, health and healing right where you are. Daily courage, effective treatment, recovery-supportive environments, relapse prevention plans and one day at a time... the courage evolves into a refusal to ever go back to devastating behaviors, choices and consequences.

And it all starts with a moment of courage...



## Intensive Outpatient Program

Santé's IOP provides individual and family therapy, drug screening, and treatment for all forms of addiction, including dual diagnosis. The program is structured in 3 phases:

- Phase One consists of 10.5 hours of group per week, usually split into three night sessions.
- Phase Two consists of 7 hours of group per week, usually achieved in two nights a week.
- Phase Three consists of 3.5 hours of group per week, all completed in one night a week.

Our philosophy is the length of our program is dependent on goals achieved. Thus, some may complete treatment in 24 weeks while others may take a little longer.

[Learn More](#)



## Impact Statements

**From the January 2019 Codependency Intensive:**

*"Anyone that is having difficulty coping with life, this course will give you the skills to change your thinking to healthy thinking which will affect your life in a positive way. Bless you Lisa this workshop has changed my life spread this to as many as you can!!!"*

*"This workshop is life-changing. It opened my eyes and gave me tools to see my dysfunctional habits and behaviors in a new way and steps for creating new behaviors. Lisa was amazing and made every moment count I highly recommend this workshop."*

*"This workshop has been life-changing for me it has given me a new way to approach my beliefs, emotions, and interactions with others. Lisa is amazingly insightful! I am so grateful!!!"*

# Free to be Me: Rescuing Yourself from Codependency



**Important topics of focus during the 4-Day Intensive Workshop include:**

- Education on the family system
- Defense mechanisms
- Shame
- The drama triangle - breaking free
- Boundaries
- Power and powerlessness
- Connection
- Self-care and learning how to free yourself from codependent behavior and dysfunctional relationship patterns.

*Space is limited.*

**Register Now**

## Upcoming Events

**April 29- May 2, 2019**

Intensive Therapy Workshop

*Free to be Me: Rescuing Yourself from Codependency*

[Learn More](#)

**May 15-17, 2019**

Healthcare Professionals Course

*Maintaining Proper Boundaries*

[Learn More](#)

**June 17-20, 2019**

Intensive Therapy Workshop



**June 28-29, 2019**

Santé Campus Event

Society for the Advancement of Sexual Health

*Advanced Topics in Problematic Sexual Behaviors - Level 2*

[Learn More](#)

[See More](#)

# ATPSB LEVEL 2

**SASH** SOCIETY FOR THE  
ADVANCEMENT OF  
SEXUAL HEALTH

## ABOUT ADVANCED TOPICS IN PROBLEMATIC SEXUAL BEHAVIORS (ATPSB)

ATPSB Level 2 is a 2-day intense, learning experience for clinicians, coaches, psychiatrists, and others who professionally encounter those who struggle with PSB. With recently updated content, this live training offers 16 CE's and is taught by experts in their fields.

### TOPICS

- Sexual Health & Development
- Substances & Sex
- Paraphilias
- Medical & Medication Concerns
- Neurobiology
- Families (Partners/Couples/Children)
- PSB & Children: Child-on-Child Offending
- Attachment & Neurobiology
- Women & Problematic Sexual Behaviors

### SPEAKERS

- Mary Deitch, PsyD, JD
- Alexis Polles, MD
- Matthew Hedelius, PsyD
- Terry Post, LADC
- Richard Blankenship, LPC
- Gina Kaye, M.Ed.
- Mary Sharpe, MA, LLB
- Caroline Smith, LPC

### WHEN & WHERE

June 28-29, 2019 | 8:00 a.m.-5:30 p.m.

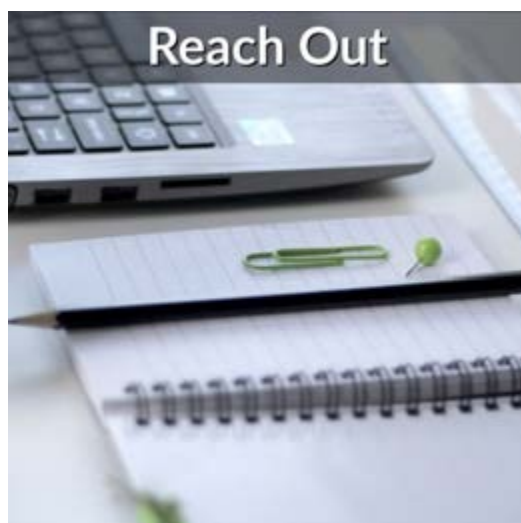


914 Country Club Road  
Argyle, TX 76226



### 3 WAYS TO REGISTER

- Scan the QR Code
- Visit <http://bit.ly/ATPSB2019>
- Call 610.348.4783



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



When you submit the ["Santé Connections" form](#), your information is accessible to Santé's admission and intake counselors, Aftercare Coordinator, and family therapists for referral purposes.



the experience on [Facebook](#) or [Google](#).



COME SEE US AT SANTÉ!  
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