



Long-Term Recovery Newsbites

www.santecenter.com

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800.258.4250



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Courage to Look Within

It doesn't have to be rational... 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. Addiction has the power to destroy.

It's been called "the ritual of forgetting oneself." Isolation. 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. To take a truthful and long look within yourself to identify negative thoughts, unflattering truths and personality traits to allow for growth and self-improvement. Courage to find another way. Courage to ask for help, reach out for help, and find help during all times and especially during this often scary and uncertain time of the COVID-19 pandemic. 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...

Timely Resources

Medical Detox during COVID-19

Overcoming addiction doesn't always start with going to residential treatment, it starts with detox. During the COVID-19 pandemic, most hospitals are being inundated with those dealing with and fearing they have COVID-19. An increase in COVID-19 doesn't mean people will stop needing medical detox, having heart attacks, strokes and other traumatic injuries. The virus impact on hospital capacity is notable and throughout the headlines.

If you have a patient or client that is need of medical detox this is the time to refer them directly to Santé. We can assess for level of care needed, Santé's availability, and even give referrals to quality stabilization facilities where a client or patient could start before returning to Santé for residential level of care. This will help with capacity of the hospital, prevent potential exposure, and allow the medical staff to help those in critical need due to COVID-19.

"Texas' hospital capacity — the number of beds available per person in the general population — is about 2.9 beds per 1,000 Texans, according to state regulators. The U.S. rate is about 2.8 beds per 1,000 people. That's less than the capacity of other countries that have already seen widespread transmission of coronavirus. Italy — where more than 2,100 [as of date of article, March 17] people have died from COVID-19 and the nation's hospital system has been overwhelmed — has 3.2 beds per 1,000 people, according to the Organization for Economic Cooperation and Development."¹

Fortunately, Santé Center for Healing offers detox and a recovery continuum of care, including residential services, on the same beautiful and serene campus. Our medical detox program builds a strong foundation for recovery elements in residential treatment. Often the first level of programming for our patients, our on-site medical detox is staffed by the medical team, who is trained in helping patients cope with the withdrawal symptoms of early drug or alcohol abstinence. Santé's medical experts understand how withdrawal works and why it's so dangerous when individuals think they can do it alone. Without medical assistance and oversight, the withdrawal symptoms are unpleasant and could even be dangerous. Santé's compassionate professionals help to reduce withdrawal symptoms like anxiety, aches and pains, cold sweats, cravings, insomnia and restlessness. The medical team monitors vitals, performs withdrawal assessments and provides general medical care. Medicines may be given to make symptoms less severe and decrease the risk for complications.

Learn more about our medical detox and other levels of care by calling us at 800.258.4250 today.

1. Edgar Walters and Anna Novak, "Texas hospitals don't have enough beds for coronavirus patients if too many people get sick at once," The Texas Tribune, <https://bit.ly/2JUytsA>

**Learn
More**

14.4 MILLION ADULTS,
AGE 18 AND OLDER,
HAVE AN ALCOHOL
USE DISORDER.

A P R I L

ALCOHOL
AWARENESS MONTH

2018 NATIONAL SURVEY ON DRUG USE AND HEALTH,
SUBSTANCE ABUSE MENTAL HEALTH SERVICES
ADMINISTRATION



Alcohol Use during COVID-19

If you are even the least bit active on social media, you have seen all the COVID-19 related memes. They consist of everything from snacking too much, homeschooling your kids, working from home, and alcohol consumption. Numerous jokes about day drinking and saying things and equate being quarantined to "airport rules" where we can drink whenever. While not everyone is drinking while quarantined, there has been an overall increase in alcohol sales. "According to Republic National Distributing Company (RNDC), a major, \$20 billion revenue, wine and spirits distribution company, sales of spirits jumped by around 50% for the week ending March 21. Nationally, the overall increase for the week, according to Nielsen data, was a 55% spike in sales."¹ Of course, not all of these increased sales will lead to an alcohol use disorder or dependence, but we want you to know that we are here to assist if you are concerned about your own, a clients or a loved one's drinking. 14.4 million adults have an alcohol use disorder and we can help whether it's someone's first time seeking treatment, someone dealing with a relapse or someone needing extra assistance in remaining in recovery during this difficult time.

Learn more about our treatment for alcohol dependence by calling us at 800.258.4250 today.

1. Joseph V Micallef, "How The COVID-19 Pandemic Is Upending The Alcoholic Beverage Industry," Forbes, <https://bit.ly/3a5l9kj>

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More

Why Santé?

It's really hard work, but we love doing it!

Recently, Santé employees were asked to fill out an employee satisfaction survey. We

want to share the some of the results as they emphasize the culture and feeling that encompasses the Santé campus and staff.

What about your work at Santé helps you feel successful?

It helps me to feel successful when people are able to come into Santé and truly engage with their treatment. It is nice to see that people choose to come in but it means more when they are able to stay and make significant life changes.

Being trusted, being affirmed in my skillset, having a workload that is reasonable enough to prevent burnout. Respect of boundaries, as well.

Knowing that we provide quality treatment that focuses on the patient and their needs.

How do you view your work at Santé?

This job allows me to help someone each and every shift. It brings me happiness to see happiness in others and see patients get better.


As someone in recovery, I feel honored to be able to help others through their journey in treatment

It is a heavy responsibility to impact the lives of others at the lowest point of addiction and mental illness. One must be called to serving and guiding our patients during a very critical time in their lives. It's a matter of life and death. It is a calling to serve, show compassion, and fight for those who are living in a crisis on a daily basis.

[Choose] Santé because I love what I do here and that is far more important than a paycheck will ever be.

I love what I do and I love working at Santé. I believe this is what I was meant to do.

I wake up every morning excited to go to work, even after 5 years.



Upcoming Events

June 8-11. 2020

Intensive Therapy Workshop

Mindful Transformation: Redefining Your Trauma

[Learn More](#)

July 18. 2020

ATPSB Part 2 with SASH

Registration Coming Soon

July 20-23. 2020

Intensive Therapy Workshop

Free to Be Me: Rescuing Yourself from Codependency

[Learn More](#)



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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