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Long-Term Recovery Newsbites

www.santecenter.com

April 2022

800.258.4250

Maintaining Proper Boundaries Continuing Medical Education Course

Next Course Offered: May 11-13* (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.

Note Regarding COVID-19:

Participants will need to take a rapid COVID-19 test and email the results to Santé the day prior to the course starting.

***Space is limited**

[Register Now](#)



AMONG PEOPLE AGED 12 OR OLDER IN 2020, 28.3 MILLION PEOPLE HAD A PAST YEAR ALCOHOL USE DISORDER

Substance Abuse and Mental Health Services Administration. (2021). Key substance use and mental health indicators in the United States: Results from the 2020 National Survey on Drug Use and Health (HHS Publication No. PEP21-07-01-003, NSDUH Series H-56). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/>

Do you treat clients with unresolved trauma?

How is trauma treated at Santé?

According to the American Psychological Association trauma is “an emotional response to a terrible event.” Most people associate trauma with agonizing events, but any distressing event outside of the typical human experience can be traumatic.

At Santé, after 25 years of trauma identification and resolution work, we recognize that no two people experience the same traumatic situation and walk away from it in the same way. What may be a Big “T” or Little “t” to one isn’t to somebody else. There’s also the unintended consequence of a hierarchical approach to trauma that diminishes and often overlooks or even brushes off perceived “lesser” traumatic experiences as insignificant. Any and all trauma can have lingering effects on a person if left unaddressed and unresolved; unresolved traumas accumulate causing exponential damage and destruction.

Santé treats unresolved trauma in conjunction with other issues an individual may be facing, including substance abuse, problematic sexual behaviors and co-occurring disordered eating. An initial assessment by Santé’s clinical staff can help determine the best course of action and healing for an individual.

Effective treatment of symptoms related to trauma include cognitive-behavioral therapy (CBT), eye movement desensitization and reprocessing (EMDR), as well as medication where necessary. The goals of trauma therapy include creating safety, processing thoughts and feelings, and building coping skills.

Your clients or patients may be feeling uncertain about what they need and what the best next steps are for their healing journey. We're here to help. To increase the likelihood of long-term recovery, Santé's clinical team uses an integrated model where substance abuse recovery and trauma resolution components are working simultaneously, resulting in mindfulness, distress tolerance, reduced shame, emotional regulation, and interpersonal effectiveness. Treatment includes a variety of clinical tools like individual therapy, group therapy, neurofeedback, EMDR, experiential therapy, equine therapy, expressive arts, physical fitness, and more! We're also specially equipped to provide trauma informed care for our clients who are suffering from the effects of trauma.

"Every day I experience how our clients' trauma history and hurtful core beliefs about themselves drives their addiction and creates additional trauma in their lives. Addressing only the addiction is like mowing down the weeds in one's yard—they keep popping back up because the root was never dealt with. Trauma survivors can heal when given the opportunity to share their stories, experience support, process their trauma and learn the healthy coping and social skills needed to live a satisfying life in recovery. When one no longer needs to mask pain with addictions, true recovery can be lived one day at a time for a lifetime!" - Shelley Evans, M.Ed., LPC, EMDR Certified, Primary Therapist at Santé

News & Media

Santé's CEO, Sam Slaton, MEd, LPC-S, MBA, MHSM, was recently interviewed by WOOD Radio West Michigan and discussed the opioid crisis in the U.S.

Click [here](#) or the below button to listen to the interview.



**Listen to the
Interview**

Staff Sentiments

Melissa Pennington, DO, ABAM, CEDS
Medical Director
With Santé Center for Healing Since 2015

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. 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...

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 provides ONE (1) new investigator with:

1. \$1500 towards an ongoing or new research project related to compulsive sexual behavior, sexual addiction, or sexual health. (of which \$500 allowable costs toward travel to the SASH conference)
2. A complimentary full conference registration for the SASH #ITalkSexualHealth Conference October 14-15, 2022.
3. A dedicated time slot to present findings at the beginning of the poster reception at the #ITalkSexualHealth Conference in October 2022.

Deadline May 1, 2022

For More Information and to
Apply

Investing in the Future

Santé proudly awards the Rip Corley & Santé Center for Healing Scholarship to **Christopher Valls**.

The Rip Corley & Santé Center for Healing Scholarship 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.



Christopher is from Fort Worth, Texas. He is pursuing an Applied Science degree at Tarrant County College North East. Christopher shared that "...I had a passion to change my life around for the better and have a passion to help the ones who feel like they cannot help themselves or feel like they don't have anyone to lean towards." We are proud to be able to offer scholarships to deserving individuals like him.

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 am excited that... I can finally say I have my self-worth back and loving it. Feels good to love me again! - Brittany H on 3/29/22
”

“
I'm grateful for 17 months sober! I never imagined I'd EVER be sober this long while I was in my addiction.
- Bart O on 4/6/22
”

“
Wow. I never imagined how good life can be without alcohol! So thankful for each day. I've been in recovery for 6 months.
- Jamie R on 4/5/22
”

“ Thankful for 1 year clean and sober today!!!
- Bart J on 4/1/22 ”

“
It's my 41st day... is awesome. I'm happy to still be continuing my sobriety - Carson A on 3/29/22
”

Upcoming Events

Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

April 22, 2022

Trauma Education Association - 1 CE Hour

11:30 AM - 1 PM CST, Via Zoom

Trauma and Sexual Assault Panel

Panelists: Becka Meier, MEd, NCC, LPC; Alisha Mathenia, MPA; and Katharine Esser, MA, NCC, LPC-S, LCDC

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/>

Connect 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*](#).

Take a Virtual Tour of Santé Center for Healing





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