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# Long-Term Recovery Newsbites

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

April 2024

800.258.4250

**Ongoing Pursuit of Excellence & Knowledge**

# SIPER

## Santé Institute for Professional Education and Research



5  
April



12:00–1:00  
P.M. P.M. CST

1 CE Hour via Zoom

### FEATURED SPEAKERS:

Christian Henry, PhD, LPC, NCC;  
LaVelle Hendricks, EdD; Karl Mitchell, PhD  
and Elizabeth Malveaux-Hudson, PhD



### FEATURED PRESENTATION:

“Alcohol and Drug Use Among  
African Americans”



### PRESENTATION OBJECTIVES:

1. Identifying current alcohol and drug use among African Americans.
2. The drug of choice among African Americans.
3. Current substance use among African Americans and treatment modalities used.

#### 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](#)

# SIPER

## Santé Institute for Professional Education and Research



19  
April



12:00–2:00  
P.M. P.M. CST

CST

2 CE Hours via Zoom

### FEATURED SPEAKER:

Jennifer Shotwell  
LPC, LCDC, EMDR Consultant

### FEATURED PRESENTATION:

“Understanding Personality Disorders  
Through a Lens of Empathy”



### PRESENTATION OVERVIEW:

#### CE Presentation Overview:

This presentation focuses on treating personality disorders through a filter of empathy. We will explore how the empathetic lens can contribute to more effective treatment outcomes. The discussion will include a summary of all three clusters, incorrect stereotypes, and ways to support your personality disordered client. These disorders are highly judged and shunned in our field. The goal of this presentation is for you to feel confident and empathetic when treating clients with personality disorders.

#### 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

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Register Now





# Trauma Education Association



**26**  
April



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

CST

1 CE Hour via Zoom

## FEATURED SPEAKERS:

Jennifer Schwartz-Doctorovich, MS, LPC  
Associate, FNTF, CFSP, Supervised by  
Tamara Allen Bush, LPC-S #15194 &  
Tamara Allen Bush, LPC-S, NCC, CSAT,  
EMDR Trained



## FEATURED PRESENTATION:

"Microbiome, Mood Disorders and  
Neuro Nutrition"

## PRESENTATION OVERVIEW:

1. Basic outline of how the gut functions.
2. The relationship between poor gut flora, low enzyme activity and mood disorders, specifically focused on depression.
3. Recommended supplements to support the gut and stabilize mood naturally.

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

[Register Now](#)

# Alcohol Awareness Month



# AMONG PEOPLE AGED 12 OR OLDER IN 2022, 29.5 MILLION PEOPLE HAD A ALCOHOL USE DISORDER IN THE PAST YEAR

SAMHSA, Center for Behavioral Health Statistics and Quality. 2022 National Survey on Drug Use and Health. Table 5.9A—Alcohol use disorder in past year: among people aged 12 or older, by age group and demographic characteristics, numbers in thousands, 2021 and 2022. [cited 2023 Dec 8]. Available from: [SAMHSA, Center for Behavioral Health Statistics and Quality, 2022 National Survey on Drug Use and Health, Table 2.25A—Alcohol use in lifetime: among people aged 12 or older, by age group and demographic characteristics, numbers in thousands, 2021 and 2022. \[cited 2023 Dec 8\]. Available from: https://www.samhsa.gov/data/sites/default/files/reports/rpt42728/NSDUHDetailedTabs2022/NSDUHDetTabsSect2pe2022.htm#tab2.25a](https://www.samhsa.gov/data/sites/default/files/reports/rpt42728/NSDUHDetailedTabs2022/NSDUHDetailedTabs2022/NSDUHDetTabsSect2pe2022.htm#tab2.25a)

**1  
Minute  
Video  
Here**

## Santé Client Journey

Click the below button to watch Lexi, a Santé alumni, tell their story about finding

help, choosing Santé and their life after Santé. Find out why Santé was the best choice for them to achieve long-term recovery.

It will take one minute to learn more about why Santé might be the right fit for your clients.



### Santé Client Journey Video

## 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 had an amazing experience [at Santé] and a new life now. - Alumni on Survey



Thank you so much Santé. My time at Santé was the hardest thing I've ever done, but it was truly transformative.  
- Alumni on Survey



Very grateful for my experience at Santé. It was difficult but life changing. I'm sober and doing well staying sober. - Alumni on Survey



Santé has given me the validation and acknowledgement I have been lacking regarding my childhood traumas and has facilitated a sound foundation in AA and spirituality that I didn't realize that I needed. - Alumni on Survey



It [Santé] has saved my life in more ways than one.  
- Alumni on Survey



Overall it was a life changing experience ... I genuinely believe Santé put me on a footing that allowed me to succeed in the Sober Living environment I'm currently in and saved my life. - Alumni on Survey



...Staff is great, they honestly care.  
- Alumni on Survey



Santé was a great place to get my head on straight. - Alumni on Survey



## 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.



**Alumni Support**

Recovery is not something completed upon leaving a residential level of care program; it is an on-going process of learning and personal growth. Addiction, after all, is a chronic disease. To achieve long-term recovery it is imperative to stay connected. **This isn't about addiction. This is about recovery.**

# THIS ISN'T ABOUT ADDICTION THIS IS ABOUT RECOVERY

Santé offers opportunities to apply recovery skills, give service, develop new habits, deepen recovery knowledge, live out relapse prevention, and heal past and current relationships while making new relationships based on the foundation of recovery. Lifelong Santé alumni programming involves, but is not limited to: personal follow-up support; alumni community app; private Facebook community; road trips; recovery-enhancing experiences; text affirmations; Alumni Advisory Board; Annual Alumni Retreat; service opportunities; entertainment-based outings and monthly alumni newsletter. The goal in long-term recovery, and the support and experiences need to achieve it one day at a time.

"Santé empowers to seek healing for healthy relationships and life that we want" – Alumni

"Thanks for hosting a great event!!! Always love catching up Santé peeps. Hope to see you again soon!" – Alumni after Houston Alumni Road Trip

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

## Investing in the Future

Santé proudly awards the Dr. Deb Corley & Santé Center for Healing Scholarship to **Deborah Czerniak**.

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.

Deborah is from Holley, NY. She is attending SUNY Brockport and is pursuing a Masters in Social Work.



Adjunct Professor Kristina M. Washington, LCSW shared, "I have no doubt that Deborah will make important contributions to the Social Work field and will be an excellent practitioner in the field post-graduation."

## Courage to Look Within



### **Melissa Pennington, DO, FASAM**

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...

## Upcoming Events

### **Every Tuesday Night**

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

### **April 5, 2023**

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

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

"Alcohol and Drug Use Among African American"

Christian Henry, PhD, LPC, NCC; LaVelle Hendricks, EdD; Karl Mitchell, PhD and

Elizabeth Malveaux-Hudson, PhD

Click [here](#) to register

**April 19, 2023**

**SIPER (Santé Institute for Professional Education and Research) - 2 CE Hours**

12:00 PM - 2:00 PM CST, Via Zoom

"Understanding Personality Disorders Through a Lens of Empathy"

Jennifer Shotwell, LPC, LCDC, EMDR Consultant

Click [here](#) to register

**April 26, 2023**

**TEA (Trauma Education Association) - 1 CE Hour**

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

"Microbiome, Mood Disorders and Neuro Nutrition"

Jennifer Schwartz-Doctorovich, MS, LPC Associate, FNTP, CFSP, Supervised by Tamara Allen Bush, LPC-S #15194 and Tamara Allen Bush, LPC-S, NCC, CSAT, EMDR Trained

Click [here](#) to register

**SAVE THE DATE**

The Spectrum of Sexuality Summit

August 2, 2024

[See More](#)



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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