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Long-Term Recovery Newsbites

www.santecenter.com

May 2024

800.258.4250

Ongoing Pursuit of Excellence & Knowledge

TEA Trauma Education Association



24
May



12:00–1:00
P.M. P.M. CST

1 CE Hour via Zoom

FEATURED SPEAKERS:

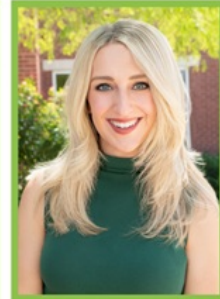
Katharine Collier-Esser, MA, NCC,
LPC-S, LCDC and Alisha Mathenia, MPA

FEATURED PRESENTATION:

Start Here: Panel Discussion on Sexual Assault
Survivor Support and Trauma-Informed Care

PRESENTATION DESCRIPTION:

Understanding the basics of sexual assault are so important for therapists. As most clinicians know, it is not if you will ever work with someone who has experienced the trauma of sexual assault, but when you will work with a survivors of sexual assault. This panel discussion will address the basics of sexual assault, including reviewing stats and dispelling myths about survivors and will provide an understanding of resources available to survivors with both a long-term and recent history of sexual assault, all through a trauma-informed lens.



PRESENTATION OVERVIEW:

1. Define sexual assault and trauma
2. Review options for recent sexual assault survivors
3. Explore the impact of sexual violence as a form of trauma
4. Outline strategies for supporting survivor of sexual violence using a trauma-informed approach

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

Santé's Values



Santé knows that left untreated, addiction is a fatal disease. With the highest caliber staff utilizing our evidence-based therapeutic and medical continuum of care, Santé's mission is to provide the resources for long-term recovery. The best way we can effectively implement our mission is to adhere to these universally shared values true to Santé's core:

- Integrity
- Directness
- Dependability
- Integrated
- Honesty
- Respect
- Empathy
- Personalized
- Compassion
- Open-mindedness
- Collaboration
- Professionalism

Click the below button to watch the Santé's Values video. It will take less than 1.5 minutes to learn more about why Santé might be the right fit for your clients.

[Santé's Values 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.

"...almost 90 day's sober!"

Michele S on 4/13/24

"Jessica, my Case Manager [and Primary Therapist] assigned to me, was a perfect match. She helped me identify the events that led to my Alcoholism. More importantly she determined that my home life had a significant impact on my relapse prevention analysis, setting boundaries and having a plan to deal with cravings and triggers. I also had meaningful interactions with Ian, Mike, Ty and Josh each of whom were helpful in my recovery. Nursing staff were helpful and approachable. Overall, Santé was a good solution for my needed treatment."

James H on 4/1/24

"[Sober for] 4 years and 3 months."

Penney J on 4/3/24

"One year [sober]"

Stephen H on 5/1/24

"Celebrating 11+ months of sobriety, 57 days 'up the hill', and 16 weeks of IOP!..."

Steve P on 4/26/24

"Top notch therapists. I cannot imagine anyone being better. And, they tailor the therapist for the patient. I am not a light weight mentally. They put me with Joshua and Adam. I was mentally matched. This is extremely important to my recovery. And, I have recovered completely."

Lewis F on 4/24/24

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.



Medical Detox

Often Santé's first level of programming for our clients, our on-site medical detox is staffed by the medical team. They are trained in helping clients cope with the 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 symptoms are unpleasant and could even be life threatening. Santé's compassionate professionals help to reduce withdrawal symptoms such as anxiety, aches and pains, cold sweats, cravings, insomnia and restlessness. The medical team monitors vitals, perform withdrawal assessments, and provides general medical care. Medicines may be given to make symptoms less severe and decrease the risk for complications.

Why Medical Detox?

Getting sober is easier than staying sober. Santé's detox is a natural transition into residential level of care where clients come to realize alcohol and other drugs are only a symptom of underlying problem or issues. Detox is an early step in assisting clients to recognize why they initiated substance use and what their life's possibilities are in long-term recovery.

Please click [here](#) or the below button or call 1.800.258.4250 for additional information.

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

Confiding with Transparency

You can be forgiven for your flaws. You can also forgive others of theirs. Step Five is about letting go of ego and sharing our character defects and wrong doing with our higher power and another person. This is a way to learn and grow from past mistakes and to unburden oneself to someone who will not judge. Being able to face inwardly and process all of your wrongs is not an easy feat; you must have a strong support system to lean on, to confide in, and celebrate the cathartic freedom of bringing all of one's wrongs to light. To practice transparency by acknowledging details of your wrong doings helps ease isolation's hurts. Many working the steps for the first time experience the cumulative effects of active addiction's years of isolation and loneliness.

"As the pain subsides, a healing tranquility takes its place. And when humility and serenity are so combined, something else of great moment is apt to occur." Twelve Steps and Twelve Traditions, Alcoholics Anonymous World Services.



Upcoming Events

May 24, 2023

TEA (Trauma Education Association) - 1 CE Hour

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

"Start Here: Panel Discussion on Sexual Assault Survivor Support and Trauma-Informed Care"

Katharine Collier-Esser, MA, NCC, LPC-S, LCDC and Alisha Mathenia, MPA

Click [here](#) to register

SAVE THE DATE

The Spectrum of Sexuality Summit

August 2, 2024

[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/>

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!

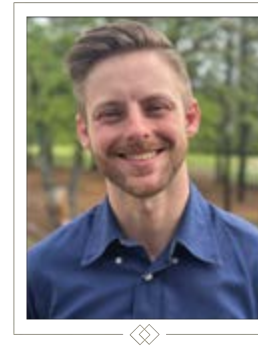




Amy Boelkens, LCSW
Regional Marketing Coordinator
Denton Co., Tarrant Co., West TX
817.223.2185
AmyB@santecenter.com



Meg Brown
Regional Marketing Coordinator
Austin, San Antonio, Houston, South TX
512.839.6539
MegB@santecenter.com



Brennan Pound
Regional Marketing Coordinator
Dallas Co., Collin Co., East TX
469.771.7880
BrennanP@santecenter.com



Santé Center for Healing | 914 Country Club Rd., Argyle, TX 76226

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