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# Long-Term Recovery Newsbites

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

June 2022

800.258.4250

## Maintaining Proper Boundaries Continuing Medical Education Course

### Next Course Offered: August 3-5\* (Virtual 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.

### Virtual Course Details and Requirements:

- The course will be virtual via Zoom. It will be live with no recorded presentations used.
- The content and time requirement of the virtual course is the same as the in person course.
- The course participant must provide photo ID to confirm they are the one registered to attend.
- The course participants are required to attend each session in their entirety.
- The course participant's camera (video) must remain on during each session and they must be visible at all times.
- If the course is a board licensure or employer requirement, it is up to the participant to determine if their board will accept an online version of the course.
- Santé Center for Healing upholds HIPPA guidelines and values the confidentiality of all persons on campus and participating in virtual course/programming. Faculty, patients, alumni, and visitors are asked to assume an obligation to keep in confidence all information that pertains to Santé patients and Santé visitors. All participants in the course are asked to agree to confidentiality – each attendee agrees not to share any other participant's identifying and personal information with others. It is appropriate to share your personal reaction and feelings with others, but please do not share other people's stories or other information with anyone outside of the course.
- Technology Requirements:
  - basic computer literacy
  - a computer with webcam, audio, and microphone/headset (smartphones are not acceptable)
  - a private space with strong, reliable internet.

**\*Space is limited**

**Register Now**

## Upcoming Clinical CE Presentations

# SIPER

Santé Institute for Professional  
Education and Research

**July 29, 2022**

**12:00 p.m. - 1:00 p.m. CST**

**1 CE Hour**

**Zoom**

## "A Hero's Journey: Utilizing Posttraumatic Growth in the Treatment of Addictions"

### Speaker:

Ashley Whitted, M.S., LPC, CSAT Candidate



### Presentation Objectives:

1. Learn the basic concepts of Joseph Campbell's "Hero's Journey."
2. Practice applying these concepts to the addiction recovery process.
3. Discuss how utilizing these concepts can assist in instilling hope in early recovery.

Click [here](#) or the button below for the speaker's bio and to register.

**Register Now**

## 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.

“  
4 years sober today (heart emoji) we do recover  
- Amy C on 6/10/22

”

“ Celebrating 10 days in recovery  
- Kate M on 6/16/22

”

“

Thankful for Santé! 90 days  
sober today! I am feeling  
great...living one day at a time.  
- Chuck B on 6/8/22

”

“

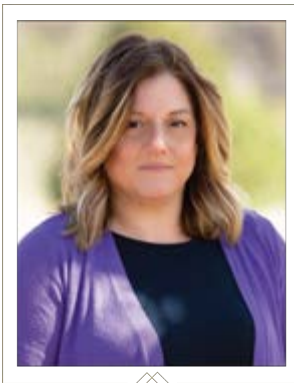
I'm grateful that Santé planted a seed of recovery in me nearly 10 years ago. It took me 8 years to start watering that seed, but once I did, it began to grow. Now that seed has blossomed into a beautiful tree with firm roots of recovery in healthy soil. Thank you, Santé!  
- Brendan O on 6/16/22

”

## Making Verifiable Change

**Avery Rowles, MA, LPC, CSAT**  
Clinical Director





## Step 6

**“Were entirely ready to have God remove all these defects of character.”**

When someone first enters treatment, they are rarely ENTIRELY READY to be free from addictive behavior and immediately willing to take a closer look at their shortcomings.

Every moment spent in recovery is an active choice. Going to treatment, getting out of bed each morning, attending and participating in groups, opening up to a therapist, staying sober one day at a time...when these actions are combined they add up to verifiable change. A new life. A better life.

This change also allows for personal growth and acknowledgment of how past destructive behaviors and shortcomings have harmed oneself and others. An individual can take this knowledge and new self-reflection and work to improve all aspects of their life. Everyone has certain damaging behaviors they can work to let go of, such as fear, pride, dishonesty, gluttony, greed, lust, jealousy, willfulness, and anger.

Making the choice to open oneself up to trying to do things in a different way, even when it's not easy or comfortable is essential to long-term recovery. We are honored and privileged to be a part of someone's journey through treatment and will continue to work with people to change themselves for the better one day at a time, every day as we have for more than 25 years.

**“When I began my career as a counselor, it was a must on my checklist that I find somewhere to work that was LGBTQ+ affirming. I was lucky enough to be offered a position at Santé Center for Healing, whose program encompasses all of the support, acceptance, understanding, and knowledge that was the requirement on my checklist. For me, this goes beyond just accepting those in the LGBTQ+ community; it is a true understanding, a knowledge and education around the necessary terminologies, affirming language, lifestyles, and struggles of those in the LGBTQ+ community. It is an understanding that one's issues are not BECAUSE they are LGBTQ+ but that issues cannot be addressed without an understanding around what it MEANS to be LGBTQ+ in our society.”**

**Ashley Whitted, MS, LCDC, LPC, CSAT Candidate,  
Residential Case Manager/Primary Therapist**

# Intensive Outpatient Program

"The more you have a treatment that can help you become continuously abstinent, the better you do," says Lisa Onken, chief of NIDA's behavioral and integrative treatment branch. "You have to figure out how to be abstinent. You still have cravings. You still have friends offering you drugs. You still have to figure out ways not to use. The longer you are able to do that, the more you are developing skills to help you stay abstinent."



Adam Karazuba, MSW, LMSW  
Director of Outpatient Programming

Santé's intensive outpatient treatment program (IOP) provides real-world exposure, along with critical ongoing structure and support. Each client meets with their masters level primary therapist, who will identify and address treatment goals, provide individual therapy and assist the client throughout their 16 valuable and formative weeks in IOP.

A study published by National Council on Alcoholism and Drug Dependence (NCADD) offers evidence that longer term treatment equates to better overall addiction recovery and quality of life results. A residential level of care needs to be a first step on a journey like Santé's long-term, recovery continuum of care where can transition from a residential setting into a more "in life" treatment approach.

Clients transition through each phase of their IOP program three night per week, driven by how the client is meeting individualized treatment goals, progressing in one's own recovery and completion of therapeutic assignments. Programs are also available via Zoom and during the day. Individual therapy is spread throughout all phases. The goal remains long-term recovery.

IOP clients meet in issue-specific groups during the program. In addition to those groups, specialty demographic groups also meet on rotation. Those groups include: divorced individuals, parents, women, men, cultural diversity, and LGBTQ+ individuals.

Topics within the IOP program include, but are not limited to: emotions, vulnerability, CBT/DBT skills, communication, loneliness and isolation, resentments and accountability, relapse prevention and triggers, nutrition and healthy living, family systems and roles, community building, grief, control, sober fun, relationships and boundaries, types of recovery meetings, shame and shame resilience, values, identity, self-care and grounding techniques, gratitude, goal setting (SMART), anger, and spirituality.

*"Sante's IOP and TL program provided a safe place for me to go after inpatient. After leaving a secure environment like inpatient trying to achieve sobriety "on my own" in the real world would have been too daunting without the support I had put in place. After putting so much effort into recovery during inpatient, it would have hurt me immensely to skip out on IOP and TL and risk a relapse. Even though I wanted to put the past behind me and continue on living my life as I was before I got sober, I knew this was impossible. Going to IOP and TL provided me the best opportunity possible to achieve long-term sobriety."* – Marni, Alumni

Click on the below button or call 940.464.7222 for more information on the Intensive Outpatient Program.

**Learn  
More**

## Upcoming Events

### Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

### June 24, 2022

**Trauma Education Association** - 1 CE Hour

11:30 AM - 1 PM CST, Via Zoom

"Creating a Healing Society: The Impact of Childhood Trauma and Psychopathy on Society and the World."

Susan E. Lawrence, M.D., Esq. and Tamara Allen Bush, LPC-S, NCC, CSAT

Click [here](#) to register

### July 29, 2022

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

12:00 p.m. - 1:00 p.m. CST, Via Zoom

"A Hero's Journey: Utilizing Posttraumatic Growth in the Treatment of Addictions"

Ashley Whitted, M.S., LPC, CSAT Candidate

Click [here](#) 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**



**Jesse Cordova**  
Regional Marketing  
Coordinator



**Paul M. Scott, Jr.**  
Regional Marketing  
Coordinator



**Eva Esquivel**  
Regional Marketing  
Coordinator



**McKensey Coit**  
Regional Marketing  
Coordinator



**Elizabeth Bradshaw**  
National Marketing  
Coordinator

Denton Co., Tarrant Co., W. TX	Dallas Co., Collin Co., E. TX	Austin, San Antonio, Houston, S. TX	OK, AR, MO, KS	West Coast, Central US, East Coast
214.592.3799	469.771.7880	512.839.6539	940.395.8311	214.934.9377
jessec@santecenter.com	pauls@santecenter.com	evae@santecenter.com	mckenseyc@santecenter.com	elizabethb@santecenter.com

