



# Long-Term Recovery Newsbites

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

October 2020

800.258.4250

## Maintaining Proper Boundaries

**Next Course Offered: November 4-6, 2020 \***

**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:**

We will hold the November course in person and on our campus. Safety precautions will be in place to follow social distancing guidelines and to keep everyone healthy and safe. Those include: all participants will remain in the Welcome Center building for the entirety of the course; masks will be required at all times - walking from the car into the building and into and then in the classroom; temperature check upon arrival each day; and in the classroom, all participants will be intentionally spaced further apart.

**\*Space is limited**

**Register Now**

# Our Alumni featured on Recovery Rockstars

Christie graciously shared her story on the Recovery Rockstars "UNCUT" podcast. Her story entails growing up with self-esteem issues, bad relationships, lost identity and her alcohol addiction. Christie is now 9 months sober. We are honored and privileged to walk alongside her on her recovery journey.

Click below to listen to the podcast episode and hear what Christie shared.



**RECOVERY ROCKSTARS  
UNCUT**

**Listen to Recovery Rockstars "UNCUT" with  
Christie**

**IT'S NOT ABOUT  
JUST BEING SOBER,  
IT'S ABOUT  
BEING IN RECOVERY.**

**Investing in the Future**



## INFORMATION

SUBMISSION PERIOD: Sept. 14, 2020-Dec. 5, 2020  
AWARD ANNOUNCEMENT: Dec. 9, 2020  
AWARD DATE: Dec. 16, 2020

SUBMIT APPLICATIONS TO:

For the Rip Corley Scholarship: <https://bit.ly/santescholarrip>  
For the Dr. Deb Corley Scholarship: <https://bit.ly/santescholardeb>  
For the Dennis Wade Scholarship: <https://bit.ly/santescholaridennis>

RIP CORLEY  
SCHOLARSHIP



UNDERGRADS IN  
RECOVERY

DR.  
DEB CORLEY  
SCHOLARSHIP



GRADS IN  
MENTAL  
HEALTH

DENNIS WADE  
SCHOLARSHIP



GRADS IN  
HEALTHCARE  
MANAGEMENT

# SANTÉ CENTER FOR HEALING SCHOLARSHIPS

## THE 3 COLLEGIATE SCHOLARSHIPS OFFERED

In recognition of three of Santé's legacy makers - co-founder Rip Corley, co-founder/co-owner Deb Corley & CEO Dennis Wade, we extend financial collegiate scholarships to students wishing to further & advance their education. To find out more about each of the scholarships' eligibility requirements & rules, please visit [www.santescholarship.com](http://www.santescholarship.com).

Learn  
More



## Outcomes



# Patient Follow-Up Survey: Quarter 2, 2020

A self-report survey distributed to all alumni at 60, 180 and 365 days post-treatment at Santé.

## \*60 DAY FOLLOW-UP:

IN RECOVERY • 82%

IN 12-STEP MEETINGS • 53%

HAVE A SPONSOR • 71%

### \*Additional comments/suggestions:

"I am so thankful for all of the help and knowledge I received at Santé."

"I would not be where I am today without Santé."

## \*180 DAY FOLLOW-UP:

IN RECOVERY • 93%

IN 12-STEP MEETINGS • 57%

HAVE A SPONSOR • 64%

### \*Additional comments/suggestions:

"I feel like Santé gave me tools to success at my recovery"

## \*365 DAY FOLLOW-UP:

IN RECOVERY • 86%

IN 12-STEP MEETINGS • 43%

HAVE A SPONSOR • 64%

### \*Additional comments/suggestions:

"Your program helped me more than any other. Thank you so much for all you do for your clients."



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## Guest Article

### Family Therapy Vs. Individual Therapy: Which One is Better?

By Jessica Hope Murph LMFT, LCDC at [Beyond Boundaries Counseling RGV](#)

Family relationships are one of the strongest units, with each bond holding a special place in life. However, once in a while, these relationships can experience problems and require some guidance to make the bond healthy.

This is when family therapy comes into the scene where professionals help you

achieve a peaceful home life. These counselors or therapists set family therapy goals to solve long-standing hurdles in the family or that of an individual.

*How is family therapy different from individual therapy?*

While individual therapies concentrate on a person's personal struggles, the purpose of family therapy is to look outside an individual and have a holistic approach during treatment of a problem.

Click below to read the full article, which includes 5 benefits of family therapy to help you understand the role of this strength-based treatment.

[Read the Full Article](#)

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# 66 DAYS

## AND COUNTING UNTIL...



### Staff Sentiments



**Adam Karazuba, MSW, LMSW**

Director of Outpatient Programming

2 years at [Santé Center for Healing](#)

#### **Take Care of Today so You Can Handle Tomorrow**

Step Ten of the Twelve Steps is "Continued to take personal inventory and when we were wrong promptly admitted it." This is an important task that can be done daily and should continue no matter how long you've been in recovery. The quicker you can determine a wrong was

committed, admit to it and apologize for it, the better things are for your recovery and the relationship with that individual. Taking a daily inventory will help keep you in check emotionally and on the right path. As we enter the holiday season, this is a vital step for those who feel increased stress and have strained family relationships.

# 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 addition. 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; 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" – 2018 Alumni

"Thanks for hosting a great event!!! Always love catching up Santé peeps. Hope to see you again soon!" – Alumni after 2019 Houston Alumni Road Trip

Learn  
More

## D CEO's 2020 Excellence in Healthcare Awards

Santé's CEO, Dennis Wade, MS, FACHE, has been named as a finalist in the *D CEO's* 2020 Excellence in Healthcare Awards program. He is a finalist in the Outstanding Healthcare Advocate category.

*D CEO* is recognizing individuals and organizations keeping North Texas Healthy, especially during a worldwide pandemic. This year, there were over 200 excellent nominations and we are proud Dennis was among the finalists named from them. Click [here](#) to read the entire *D Magazine* announcement.



For 21 years, Dennis has led the Santé staff in exemplary work as an organization helping patients achieve a strong foundation for their recovery, even during a pandemic. There is a continuous focus on exemplifying the values of Santé; his leadership makes Santé a place of healing and hope. With excellent communication, teamwork, and taking action through the lens of Santé principles and values, he and



all the staff have been able to help get patients into the recovery process but also help them stay engaged in their treatment to achieve their therapeutic goals toward long-term recovery.

When asked what he loves about Santé, Dennis replies: ["To be able to deliver the highest quality of care to our patients for almost 25 years while maintaining the highest of standards through all of the ups and downs of the addiction treatment/mental health arena."](#)

Excellent treatment should not be rare, promoting recovery should not be overlooked, reducing stigma should not be hard, and showing compassion should not be uncomfortable. After more than four decades in the mental health industry and 21 years at Santé Center for Healing, Dennis Wade has done all of these things - quietly and without hesitation. When you meet Dennis, he will always direct your attention to the people working at Santé first as the reason for its longevity and the patients who commit to the hard work. We join D CEO in recognizing the incredible leadership Dennis has shown at Santé's helm in 2020 and all the preceding years.



## Upcoming Events

### **October 27, 2020**

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

### **October 29, 2020**

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

### **November 3, 2020**

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

### **November 4-6, 2020**

Maintaining Proper Boundaries

[Learn More](#)

### **November 5, 2020**

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

### **November 6, 2020**

[Santé Institute for Professional Education and Research \(SIPER\)](#) 1 Hour CE Event: Kathleen Mills, LPC-S, CEAP - "The Mothership has Landed! What The Heck Is BHEC?"

[Learn More](#)

### **November 10, 2020**

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

### **November 12, 2020**

Alumni Online Y12SR (Yoga of 12-Step Recovery) Meeting 7 PM CDT

### **November 17, 2020**

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

### **November 19, 2020**

**November 24, 2020**

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

All dates are subject to change due to COVID-19. We will keep you updated.

[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/>

## 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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