



# Long-Term Recovery Newsbites

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

December 2019

800.258.4250



## **Avery Rowles, MA, LPC, CSAT**

Clinical Director

4 years at [Santé Center for Healing](http://www.santecenter.com)

### **Step Twelve**

**“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”**

As an individual works the 12<sup>th</sup> Step, the realization comes that they have strength they previously weren't aware of. Step work leads to a “spiritual awakening”

or the understanding that they are “in possession of a degree of honesty, tolerance, unselfishness, peace of mind, and love of which he had thought himself quite incapable.”<sup>1</sup> Once the step is reached, the individual will then go on to share the message, help others, and continue to live each step in all they do.

We can all apply the spirit of the 12<sup>th</sup> Step as we look at the close of the year. At this time of year, one is apt to review the past 12 months, what has transpired and where life has led them. Looking at the lessons learned, goals reached, and goals remaining, we determine ways to be of service to others in the upcoming year. Let us celebrate our successes and evaluate our disappointments as we can learn from both.

The Santé family wishes you a wonderful holiday season and an amazing 2020! Let us know how we can help you, your clients and your patients in the New Year and beyond.

1. *Twelve Steps and Twelve Traditions*



## **Intensive Therapy Workshops**

**Co-Dependency Workshop**  
**January 27-30, 2019\***

Free To Be Me: Rescuing Yourself From Co-dependency is a 4-Day Therapy Intensive Workshop that works with individuals who are struggling in their personal and/or professional relationships. Co-dependence is often associating with investing and focusing one's time and energy into everything and everyone else. However, simply defined, co-dependence is a lack of a relationship with oneself.

**Quotes from recent Co-Dependency Intensive Workshop attendees:**

*"Bless you Lisa, this workshop has changed my life. Spread this to as many as you can!!!!"*

*"This workshop is life changing. It opened my eyes and gave me tools to see my dysfunctional habits and behaviors in a new way plus steps for creating new behaviors."*

*"If you feel you have any degree of co-dependency in your life take this course. Very informative. Very eye opening. Very helpful."*

**For more information, or to see if this co-dependency workshop is right for you or your clients, contact Lisa King, MS, NCC, LPC.**

Phone: 940.293.7117

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**\*Space is limited**

**Register Now**



## INFORMATION

SUBMISSION PERIOD: Oct. 1, 2019–Dec. 31, 2019

AWARD ANNOUNCEMENT: Jan. 20, 2020

AWARD DATE: Jan. 30, 2020

SUBMIT APPLICATION TO:

Scholarship Team/Special Programs

Santé Center for Healing

914 Country Club Road

Argyle, TX 76226

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).

Scholarship Insights and Eligibility  
Requirements



# Maintaining Proper Boundaries

**Next Course Offered: February 19-21, 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.

**\*Space is limited**

[Register Now](#)

## Outcomes



# Patient Satisfaction Survey: Quarter 3, 2019

Residential patients are surveyed at discharge.

Those who responded "very" or "mostly satisfied" are:



940.464.7222  
Toll-Free 800.258.4250  
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## Upcoming Events

### January 27-30, 2020

Intensive Therapy Workshop

*Free To Be Me: Rescuing Yourself From Co-dependency*

[Learn More](#)

### February 19-21, 2020

Maintaining Proper Boundaries Course

[Learn More](#)

### March 23-26, 2020

Intensive Therapy Workshop

*Mindful Transformation: Redefining Your Trauma*

[Learn More](#)

[See More](#)



# 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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