



Long-Term Recovery Newsbites

www.santecenter.com

December 2020

800.258.4250

Happy Holidays!

From The Santé Family



Sam R. Slaton, MEd, LPC-S, MBA, MHSM

Chief Operating Officer

16 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 12th 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.”¹ 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 12th 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.

This year was extraordinarily unique as everyone has had to deal with the challenge of COVID-19 and many changes. Santé has remained steadfast in our vision to help those struggling with addiction, mental health, and trauma. We have been and will continue to be there for you, your clients and your patients. Let us know how we can help in the New Year and beyond. The Santé family wishes you a wonderful holiday season and an amazing 2021!

1. *Twelve Steps and Twelve Traditions*



Investing in the Future

Three Collegiate Scholarship Recipients Announced

Santé is proud to announce the recipients of The Dr. Deb Corley & Santé Center for Healing Scholarship, The Rip Corley & Santé Center for Healing Scholarship and The Dennis Wade & Santé Center for Healing Scholarship.

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. This is going to two individuals pursuing a graduate degree towards work in the mental and behavioral health field.

The Rip Corley & Santé Center for Healing Scholarship in memory of Santé's co-founder Rip Corley, LMSW, RN. This is going to an individual in recovery from addiction for at least two years, having completed at least one year in college and pursuing an undergraduate degree from an accredited college and/or university.

The Dennis Wade & Santé Center for Healing Scholarship is in celebration of Santé's CEO Dennis Wade, MS, FACHE for 21 years of leadership. This is going to an individual pursuing a graduate degree towards health care management.

"We offer these collegiate scholarships with the desire to assist individuals who are working to further their education. Helping collegiates specifically wanting to pursue a degree in these important fields aligns with Santé's core values," says Santé's Chief Operating Officer [Sam Slaton](#), M.ED., LPC-S, MBA, MHSM. "Providing assistance to those entering this field is a privilege."

The Dr. Deb Corley & Santé Center for Healing Scholarship
Emma Morrone, Texas Woman's University
Meredith Sims, University of North Texas

The Rip Corley & Santé Center for Healing Scholarship
Jared Gerlach, Dallas College
Monica Hartman, Weatherford College

The Dennis Wade & Santé Center for Healing Scholarship
Michelle Luttrell, Texas Woman's University

Our Alumni featured on Recovery Rockstars

Alumni Chetley H. graciously shared his story and his top 3 tips for staying sober on Recovery Rockstars UNCUT. Chetley started drinking on a dare at the age of 13. He drank until the age of 57, where he finally got the treatment he deserved. We are honored and privileged to be a part of his recovery journey.

Click below to listen to the podcast interview.



**RECOVERY ROCKSTARS
UNCUT**

Listen to Recovery Rockstars "UNCUT" with Chetley H.

When you're scared, you're usually going in the right direction.

- ARIANNA OROZCO, MS, NCC, LPC-INTERN - INTAKE AND ADMISSIONS COUNSELOR

Investing in our Community

Santé is proud to support our community. This year we became one of Denton ISD's Adopt-A-School District Partners.

Fourth and fifth grade students were challenged to create artwork for the contest regarding this year's topic, "2020 Vision" and judged by business and community members that are part of the district's Adopt-A-School program.

The top-three art winners were chosen from both grade levels at each Denton ISD school and



GEORGIA GOODMAN

W.S. RYAN ELEMENTARY • 5TH GRADE

surprised at their campuses in November with trophies for their accomplishments.

Watch the video to check out the winners.

**Winner Announcement
Video**

15 DAYS

AND COUNTING UNTIL...



Reasons to be Grateful this Holiday Season

Your clients and patients have gone through a lot in their lives. It has also been a difficult year for many of us. It can be hard to determine what we should be grateful for during difficult times.

Here are a few tools and things your clients and patients can consider when searching for reasons to be grate this holiday season.



Recognize All You've Accomplished

Being thankful for all you have overcome can be a good starting point. Giving thanks for things like no longer being dependent on drugs or alcohol is important. During recovery, it becomes essential for you to understand just how hard this work of getting clean and staying. It's not easy, but it can be an exceptional reason to be thankful.

Being Grateful Leads to Good Things


When you allow some of the frustration and hate out of your mind and heart and work to express more gratitude, you may be able to achieve far more than you

thought possible.

Appreciate the Simple Things

One of the first steps in feeling gratitude is to look for the little things in your life that are good and worthy. That could be the relationship that has helped you to get sober. But it could also be stepping outside and hearing a bird chirp. Because you are clean, you can do that.

[Read the Full Article](#)



Upcoming Events

December 17, 2020

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

December 22, 2020

Alumni Online All Inclusive Recovery Meeting at 9 PM CDT

December 29, 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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