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Long-Term Recovery Newsbites

www.santecenter.com

July 2022

800.258.4250

Important Announcement

New Director of Clinical Services

Adam Karazuba, MSW, LMSW, is the new Director of Clinical Services, over Residential and Outpatient services at Santé. "Like many of us here, Adam has served in a variety of roles at Santé, bringing his passion to serve those struggling with the disease of addiction, mental health issues, and trauma. I am confident that Adam will continue to exemplify our values, to serve others well, and help guide Santé clinical programming in our efforts to provide long-term recovery and wellness for our patients," said Santé's CEO, Sam Slaton, M.ED., LPC-S, MBA, MHSM.



About Adam:

A leading authority on addiction treatment therapies, program implementation and "people development", Adam has orchestrated several key programmatic transformations during his 20-year career, including the Daytime Intensive Outpatient Program and Virtual Intensive Outpatient Program at Santé Center for Healing, where he's been making impact since 2018. As the Director of Clinical Services for Santé, an internationally renowned addiction continuum of care for individuals seeking long-term recovery from addictive substances and behaviors with a focus on dual diagnosis and trauma resolution, he helps provide the long-term vision, clinical methods and system processes to provide long-term recovery for Santé clients and their families. With a collaborative style and a penchant for humor, Adam draws on his extensive experience as a Santé Residential Case Manager/Primary Therapist, Santé Director of Intensive Outpatient Services and more than two decades of working in quality inpatient and residential facilities working with children, adolescents, adults and their families. He's an avid proponent for dual diagnosis and trauma informed care, which addresses the core issues often related to chronic relapse. Although he hasn't fully

adopted a Texas drawl, he comes to Santé via New York, attaining his Masters of Social Work from Syracuse University and a Bachelor's degree in Psychology from Le Moyne College, Syracuse, NY. In his time away from Santé, Adam enjoys time with his family and friends, golfing, and Syracuse basketball.

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

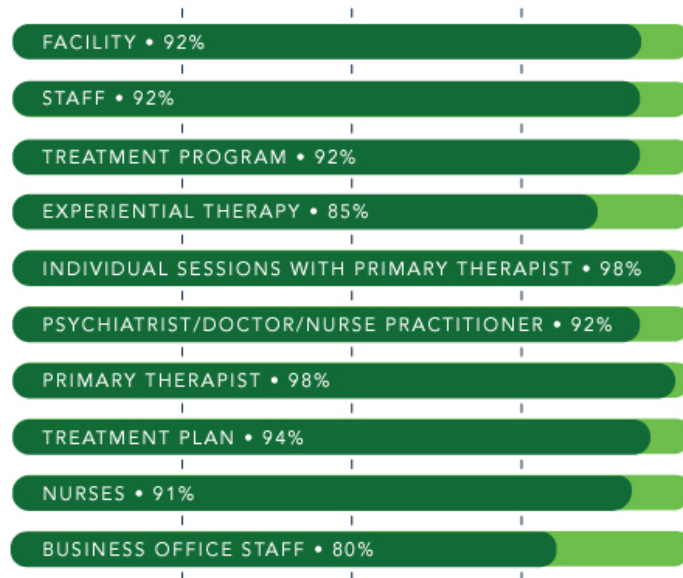
Outcomes

Santé Center for Healing measures client satisfaction to provide top-tier client care

services, measure staff and organization performance, and improve client care experience. Residential clients are asked to take a survey at discharge. Results are based only on those that agreed to participate. Those who responded "very" or "mostly satisfied" are: (click [here](#) or see below image)

CLIENT SATISFACTION SURVEY: QUARTER 1, 2022

Santé Center for Healing measures client satisfaction to provide top-tier client care services, measure staff & organization performance, & improve client care experience. Residential clients are asked to take a survey at discharge. Results are based only on those that agreed to participate. Those who responded "very" or "mostly satisfied" are:



ADDITIONAL COMMENTS:

"In my first couple of days, I was scared & wanted to leave—but the amazing treatment & support here convinced me otherwise & I changed my mind & decided to stay & get sober for good."

"Business office staff & front desk staff were always amazing! ... Tech staff were amazing. They helped me work through a lot of day to day issues. Also the kitchen staff were very kind as well."

"All very, very well prepared & treated me beyond I thought care could ever."

"At Santé, I experienced almost every theoretical approach & therapeutic intervention. I feel like I was given the opportunity to find what worked best for me with the guidance of my therapist. The setting & the facilities are beautiful as well."

"I came to Santé a broken man despairing about my life being in shambles. Now for the first time in 6 months, I feel hopeful about having a happy future. I literally owe Jason Doorish for giving me my life back. I will be forever grateful to him. I greatly appreciate Dr. Pennington for her care & compassion. If you are a physician in need of treatment I can't recommend Santé strongly enough. I also am thankful to Delores (D Lo), Cedric, Felicia, Blake, Brian, Brittany, Achian, Marcus, Jenny, & Sam M."

"Great treatment! Loved the staff, classes, assignments, everything. Much better experience than my last rehab experience."

"While I had a very strong support system to return too, I felt overwhelmed with re-entry into life. The stimulation of TV alone was significant. So with that, I was grateful for Amy & the Tuesday night meetings when I left. The questions leading up to ensuring I had a therapist session set-up that would follow my plans to do 90/90 and 90/180. Those were critical to my sobriety. Something else that was critical, was Mike's willingness too consider allowing me to join the zoom session so that I can give back to those that are in treatment."



www.santecenter.com

940-464-7222
Toll-Free 800-258-4250

Transitional Living

Santé's Transitional Living (TL) program provides a highly-structured, therapeutic apartment-style living for adult men and women, who are in search of additional daily living support while in the early stages of recovery. Several research studies by NIDA (National Institute on Drug Abuse) find that the longer an individual is involved in a continuum of care and receiving treatment, they have significantly better outcomes including decrease in relapse rates. As with the national trend, this program has also seen a rise in adult children who were previously living at home. Santé's TL residents receive the environmental, therapeutic and social support needed to meet goals and succeed.

A recent Public Health Institute study showed that individuals in TL-type programs recorded lower incidences of drug use, arrests and harmful psychiatric symptoms, 18 months after leaving treatment. Results also showed that residents who stayed longer in this level of care were less likely to relapse as compared to those who did not stay long. As individuals continue to deepen their recovery, at this level of care, staff and residents alike identify and address missing life skills, including but not limited to: financial planning, budgeting, meal planning, educational guidance, career development and life skills education. Employment, community service, 12 step work, and higher education and continuing education are important components for the

Transitional Living Program.

In addition to a safe, chemical-free environment, TL residents experience: separate men's and women's programs; master's level therapist on site Monday - Saturday; daily group therapy and house meetings; random drug screens; 12-Step Recovery model; individual and group counseling; employment and volunteer opportunities; and more.

"As a treatment team, we're honored to help people new in recovery use Santé's Transitional Living as the foundation for the relationships, connections and decision making essential for sustained, long term recovery," says Santé's Director of Clinical Services, Adam Karazuba, MSW, LMSW. For any questions regarding our Transitional Living program, please contact Meredith Sims, MS, NCC, LPC-Associate at 940.464.7222 or MeredithS@santecenter.com.

Learn
More

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.

“
Santé wasn't the cure, but it was the beginning of
me learning how to manage my addiction.
Robert S. on 5/16/22
”

“ One year! I never thought I would be able
to say this! It was not easy but soooooo
worth it! - Brittany H on 6/23/22 ”

“
I am celebrating three years of
sobriety today! Thank you Santé for
kick starting my road to recovery
and giving me the tools to maintain
my sobriety. I'll be forever grateful
to the program and staff. My life is
forever changed because of y'all!
- J. Ryne H. on 7/5/22
”

“ 13 years today. My journey started in Texas at Santé. I know the staff has turned over since
that summer in 2009 but I am grateful for Santé and those who continue to do great
things for addicts. - Kumar P on 7/7/22 ”

“ 6 months. Wow. It's hard to believe. I never thought I would have this much peace. I still have a lot
of work to accomplish to be completely free of all my trauma responses. Run. Hide. Self soothe.
It's a daily commitment I have to make with myself. This Santé community, inside and out, has
changed my life. Thank you all for the love and support. - Eric S. 6/24/22 ”

Humility Helps

Step 7

“Humbly asked Him to remove our shortcomings.”

Many of us have come to believe that being successful means being strong, independent individuals who are profoundly self-reliant. This type of thinking can lead to shame or guilt when we need to ask for help or to admit to shortcomings. An unintended consequence of this can be a barrier to self-growth. How can we overcome this barrier? Humility.

If we can use the same inward strength and humility during the process of Step 7 that was used to admit to being “powerless over alcohol – that our lives had become unmanageable (Step 1),” we will be able to face any shortcoming and problem that arises. “If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have.”¹ We must be humble within ourselves and know when to seek help, in our recovery, responsibilities, and relationships. When asking a Higher Power to remove our shortcomings, we begin to let go and accept the flaws as small facts and not the totality of who we are. It is important to recognize and remove our shortcomings to continue to become the best individual we can be.

Humility is an equal opportunity, one we can all practice, whether in recovery and working the 12 Steps or not.

1. *Twelve Steps and Twelve Traditions*

Upcoming Events

Every Tuesday Night

Alumni Online All Inclusive Recovery Meeting at 8 PM CST

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

August 26, 2022

Trauma Education Association - 1 CE Hour

11:30 AM - 1 PM CST, Via Zoom

"5 Shadows of Shame"

Shane Adamson LCSW-S, EFT, CSAT

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



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