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# Long-Term Recovery Newsbites

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

August 2022

800.258.4250

## Upcoming Clinical CE Presentations

### SIPER

Santé Institute for Professional  
Education and Research

**September 30, 2022**

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

**1 CE Hour**

**Zoom**

#### **"Getting to the Root: How Trauma Drives Addiction"**

##### **Speaker:**

Shelley Evans, M.Ed,  
LPC-S, EMDR Certified

Shelley is a primary therapists in Santé's  
residential program.



##### **Presentation Objectives:**

- Learn how trauma affects the brain.
- Gain an understanding on how trauma drives addiction.
- Learn how to create a healing process.

- Learn ethical considerations when working with addicted trauma survivors.

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. A self-report survey is distributed to all alumni at 60, 180 & 365 days post-treatment at Santé. Results are based only on those that agreed to participate in the survey. (click [here](#) or see below image)

### CLIENT FOLLOW-UP SURVEY: QUARTER 1, 2022

Santé Center for Healing measures client satisfaction to provide top-tier patient care services, to measure staff & organization performance, & to improve client care experience. A self-report survey distributed to all alumni at 60, 180 & 365 days post-treatment at Santé. Results are based only on those that agreed to participate in the survey.

#### \*60 DAY FOLLOW-UP:

IN RECOVERY • 77%

IN 12-STEP MEETINGS • 41%

HAVE A SPONSOR • 45%

PARTICIPATE IN ALUMNI PROGRAM • 59%

INTEREST IN ALUMNI PROGRAM • 76%

#### \*180 DAY FOLLOW-UP:

IN RECOVERY • 100%

IN 12-STEP MEETINGS • 63%

HAVE A SPONSOR • 63%

PARTICIPATE IN ALUMNI PROGRAM • 83%

INTEREST IN ALUMNI PROGRAM • 60%

#### \*365 DAY FOLLOW-UP:

IN RECOVERY • 87%

IN 12-STEP MEETINGS • 60%

HAVE A SPONSOR • 53%

PARTICIPATE IN ALUMNI PROGRAM • 57%

INTEREST IN ALUMNI PROGRAM • 64%

#### ADDITIONAL COMMENTS:

##### \*60 DAY FOLLOW-UP:

Client self-scores 1 to 10 (10 highest):

- Average Quality of Life:  
58% improvement from admission to discharge.
- Average Self-Worth:  
118% improvement from admission to discharge.

##### \*180 DAY FOLLOW-UP:

Client self-scores 1 to 10 (10 highest):

- Average Quality of Life:  
192% improvement from admission to discharge.
- Average Self-Worth:  
300% improvement from admission to discharge.

Client Comments:

"My outlook on the future has improved substantially."

"Thank you for doing more than giving me my life back. I actually have a life, friends, & successful relationships now"

##### \*365 DAY FOLLOW-UP:

Client self-scores 1 to 10 (10 highest):

- Average Quality of Life:  
152% improvement from admission to discharge.
- Average Self-Worth:  
142% improvement from admission to discharge.



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

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

## Individual Therapy & Med Management

In addition to residential and intensive outpatient therapy, Santé also works with clients to improve their quality of life in a less-acute level of care. Santé's outpatient therapy clinicians and medical providers are dedicated to helping individuals identify, adapt and effectively deal with life's challenges – addiction, anger, trauma, life

transitions, depression and grief.

**Psychiatric services include:**

- Psychiatric evaluations
- Psychiatric medication management
- Psychiatric therapy
- Telehealth options available

**Mental Health and Substance Abuse services provided include:**

- Individual therapy
- Family therapy
- Couples therapy
- Telehealth options available

This level of care is ideal for those whom time is not healing the way they thought it would. For those whose coping skills seem ineffective for what they're enduring. For those who feel stuck or have chronic, intense feelings impacting their life. For those frustrated with their behavior and choices and yet can't seem to change patterns. Outpatient therapy and med management provides clarity, guidance, support and the growth necessary to overcome and thrive through weekly, bi-weekly or monthly sessions.

"People who receive individual therapy report presenting symptom relief and an increased ability to successfully function in their lives. About 75 percent of people who enter psychotherapy show some benefit from it." American Psychological Association

Even with only weekly or monthly sessions, clients improve emotions and desired behaviors.

For any questions or for additional information, click on the button below or call 940.464.7222.

**Learn  
More**



**Best Rehabilitation Center**





Providing long-term  
**addiction recovery**  
since 1996

an integrated treatment model  
with traditional and innovative approaches.

privately owned 26 years and counting.

Our continuum of care is open to adults and their families seeking recovery from  
addictive substances and behaviors with a focus on dual diagnosis and trauma resolution.



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We are proud of our distinguished past and look to the future for even greater achievements.



Santé is honored to receive the Best Rehabilitation Center - Alcohol/Drug in the 2022 Best Of Contest, as voted by the readers of both the Flower Mound edition and the Coppell/North Irving edition of *Living Magazine*.

Flower Mound edition:

Click [here](#) or below to read the "Readers' Choice Best Of Showcase 2022" August issue.

Coppell/North Irving edition:

Click [here](#) or below to read the "Readers' Choice Best Of Showcase 2022" August issue.

## Major Staff Milestones

For over 25 years, Santé has provided integrity-driven, evidence-based, and personalized long-term recovery for those suffering from substance use disorders, mental health, trauma, problematic sexual behavior, disordered eating and other compulsive behaviors. We are proud to have staff that have been an integral part of this work for so many years. Below is a list of those reaching major tenure milestones in 2022.

### 15 years

Alan Wing, IT Manager

### 10 years

Susana Hernandez, Housekeeping

Hollie Higgins, Business Development Director

Brenda Thornton, Medical Records/ Administrative Assistance/Reception

5 years

Shelley Beam, MA, LPC, GC-C, Utilization Review Specialist

Rebecca Grove, Accounts Receivable Coordinator

Mike Harvison, Lead Mental Health Tech

Lindsay Munguia, MS, LCDC-I, Utilization Review Specialist

## 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.

“  
Longest I've been sober in a while. Here's to many more days. #45days – Emily M on 7/18/22  
”

“ Today, I'm thankful that I'm not the guy I was when I first went to Santé in January 2019.  
– Robert S on 7/31/22 ”

“  
This seems unreal. I never thought I could feel this good about myself and where/who I am today. Thank you everyone who has helped guide me this far on my journey.  
– Eric S on 7/24/22  
”

“ So happy to be one year sober today. Santé was a Godsend to me. Good tidings to everyone in their journeys. - Michael G on 7/13/22 ”

## Forgiving Ourselves & Others

### Step 8

**“Made a list of all persons we had harmed, and became willing to make amends to them all.”**

The 8<sup>th</sup> Step is about forgiving ourselves and others. It is not meant to punish us, it is meant to set us free from guilt, anxiety and build safe and satisfying personal relationships with self and others.

Very deep, sometimes quite forgotten, damaging emotional conflicts persist below the level of consciousness. — *Twelve Steps and Twelve Traditions*, pp. 79-80

Only through positive action can I remove the remains of guilt and shame brought on by alcohol. Throughout my misadventures when I drank, my friends would say, "Why are you doing this? You're only hurting yourself." Little did I know how true were those words. Although I harmed others, some of my behavior caused grave wounds to my soul. Step Eight provides me with a way of forgiving myself. I alleviate much of the hidden damage when I make my list of those I have hurt. In making amends, I free

myself of burdens, thus contributing to my healing. - "Getting Well" from the book Daily Reflections

# Maintaining Proper Boundaries

## Continuing Medical Education Course

### Next Course Offered: November 2-4\* (In-Person 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.

#### Note Regarding COVID-19:

Participants will need to take a rapid COVID-19 test and email the results to Santé the day prior to the course starting.

**\*Space is limited**

[Register Now](#)

## Upcoming Events

Every Tuesday Night



**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

**September 30, 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

"Getting to the Root; How Trauma Drives Addiction"

Shelley Evans, M.Ed, LPC-S, EMDR Certified

Click [here](#) to register

**November 2-4, 2022**

Maintaining Proper Boundaries - CME Course

Click [here](#) for more information and to register.

[See More](#)



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...**

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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