



Long-Term Recovery Newsbites

800.258.4250

www.santecenter.com

SERVICE IN RECOVERY

December 2018



Melissa Pennington, DO, ASAM, CEDS

Medical Director

3 years at *Santé Center of Healing*

Service work helps lay the foundation for a strong and lasting recovery. By helping others, we are able to get out of our own heads and be more present in the moment. It is a stark contrast to who we were in our addictions- selfish and self-serving. The holidays provide ample opportunity to be of service- cooking a nice meal, setting and clearing the table, caring for children, putting up and taking down decorations... the list goes on. Putting others first helps us to stay humble and grateful. It reminds us of the importance of “being a part of” and helps us to leave behind the loneliness we felt before sobriety.

Family Services and Support

Addiction impacts everyone in the family unit, not just the addict. Santé works closely with the families of addicts to provide education and support.



- Intervention sessions when treatment is difficult
- Individual and couples therapy for family members
- Weekly Family and Friend Support Groups
- Family of Origin work through the utilization of Genograms

[Learn More about Family Support](#)

The Power of One



Santé gives staff members the opportunity to donate \$1 from each paycheck throughout the year to our in-house program, "The Power of One." This program was created to aid members of our staff in case of an unexpected event or crisis. The Power of One has also gone to help local charities and recovery groups as well. This year, we have adopted four families that are in need of assistance with meals and gifts for the holidays. We at Santé look forward to serving those in need each year.

[Learn more about Santé](#)

Long-Term Recovery Contributor



[Renee Stone, RN, BSN, CARN](#)

Director of Nursing

13 years at [Santé Center of Healing](#)

With a 13 year tenure, Renee Stone, RN, BSN, CARN, serves as Santé's Director of Nursing. She not only gives excellent care to those in treatment at Santé, but her compassion translates at home as a mother of four. Family is of utmost importance to Renee. When her youngest son, now a senior in high school, was diagnosed with Ewing Sarcoma, Renee honored a healthy boundary leaving her work at Santé, and at

home focusing her energies on family time. And there is an exciting update...Renee's son will soon celebrate five years in remission!

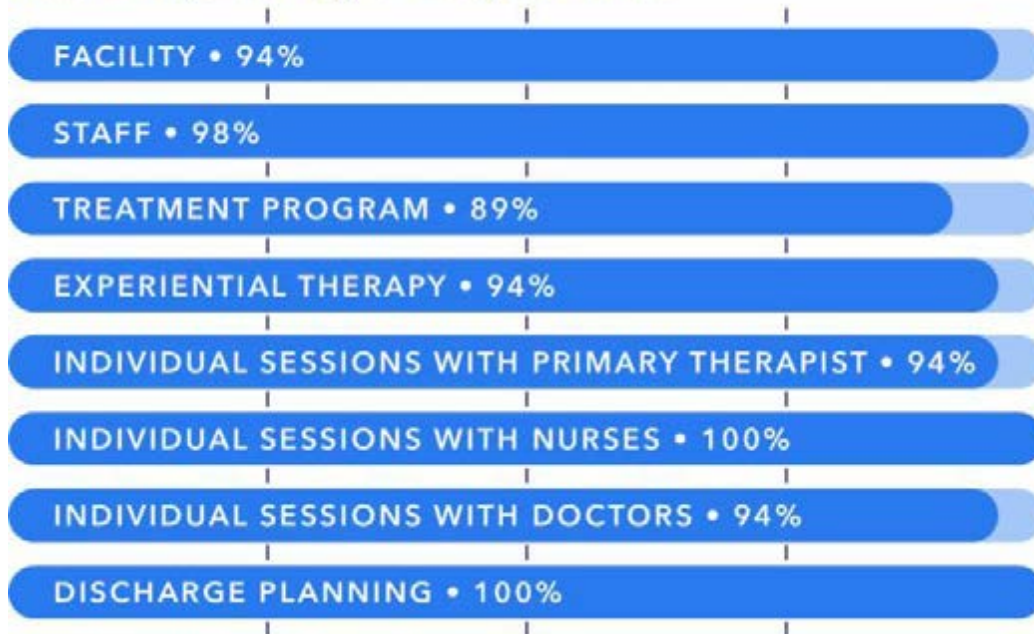
When asked what initially drew her to Santé, Renee replied, "The same things that drew me to Santé still stand true today and that is the many different thoughts, ideas, and collaborations among departments work to get patients into treatment and long-term recovery. There isn't any other facility that I know of that works harder than Santé does to help get someone into treatment, stay engaged in treatment and provide successful tools for long-term recovery. Santé isn't cookie cutter- it is very

Santé Satisfaction

Patient Satisfaction Survey: Quarter 3, 2018

Residential patients are surveyed at discharge.

Those who responded “very” or “mostly satisfied” are:



Happy Holidays!



Clyde

Unofficial Emotional Support Animal

6 Years at [Santé Center for Healing](#)

Santé adopted Clyde over 6 years ago from a local shelter. Since then, he has become a favorite with staff and residents. Clyde spends his days patrolling the 16 acre campus, napping on top of vehicles, and visiting residents.

Clyde the cat and the staff at Santé Center for Healing wish you the happiest of holidays!

Santé will continue to provide care and support throughout the holidays with our intake counselors available 24/7 for inquiries and admissions.

940.464.7222

Upcoming Events

January 28-31, 2019

Intensive Workshop

Free To Be Me: Rescuing Yourself from Codependency

[Learn More](#)

January 30- February 1, 2019

CCRT Second Training Session

February 8th, 2019

3 Hour CEU Event at Santé Center for Healing

[RSVP](#)

February 20-22, 2019

Maintaining Proper Boundaries Course

March 25-28, 2019

Intensive Workshop

Mindful Transformation: Redefining Your Trauma

[Learn More](#)

[See More](#)

Strive to Provide



Santé is determined to provide quality care and programs for long-term recovery. If there is anything we can do to improve, please [reach out to us](#). Or if after reflecting on our continued collaboration and/or our shared clients and patients who are doing well, you can rate us on [Facebook](#) or [Google](#).

Networking Hotspot



When you submit the ["Santé Connections" form](#), your information is accessible to Santé's admission and intake counselors, Aftercare Coordinator, and family therapists for referral purposes.



Come See Us at Santé!

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